

# 2009-2010 Washington Interscholastic Orienteering League (WIOL) – 27<sup>th</sup> 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 woods, leaping over boulders, and climbing up hills. You decide the best way to get to each control location.

## Instruction

Can't read a map? Don't worry. Instruction is available at every meet. In addition, we offer events you can use for practice before and during the season, which are included in the schedule.

## 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 (SI) electronic punch card is required. It is provided as part of the season pass fee or the day of meet fee. The SI punch card electronically records each control you visit and when you visit it. Epunch 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 damage SI punch card 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

**You MUST return the registration form, signed by a parent or guardian and yourself, before you will be allowed to participate.**

See WIOL Website for Category eligibility.

## Registration Options

**1. Pre-registered Season Pass -- \$40 (\$35 if you use your own SI card); payment postmarked by October 20th.**

### LATE FEE of \$5 IF POSTMARKED after Tuesday, OCTOBER 20th.

- Includes all 8 races
- Includes SI electronic punch card (e-punch stick)

**Pre-registration is strongly recommended.** Once you are registered, you will be assigned an SI card for the season. SI cards will be distributed to coaches and individuals at the first meet.

## 2. Day of Meet Registration

- WIOL course - \$7 per meet plus a one-time \$5 registration fee.
- Public course - \$7 per meet. You will not be eligible for WIOL awards or team points, but you'll still have fun.

## Registration Forms

Registration forms are available on the WIOL ([www.wiol.org](http://www.wiol.org)) and Cascade Orienteering Club ([www.CascadeOC.org](http://www.CascadeOC.org)) websites.

## 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 form into coach who will mail all team forms to:

Washington Interscholastic Orienteering League  
c/o James Siscel  
19322 73<sup>rd</sup> Place West  
Lynnwood WA 98036  
425-778-7202, [asjs68@earthlink.net](mailto:asjs68@earthlink.net)

## Need more information?

For additional information about WIOL or orienteering, check out the WIOL website ([www.wiol.org](http://www.wiol.org)) or the Cascade Orienteering Club website ([www.CascadeOC.org](http://www.CascadeOC.org)).

## WIOL and Other Orienteering Events

### SEPTEMBER 2009

Sat 19	<b>NOD-National Orienteering Day--</b>	Jim Siscel
10-12N	Woodland Park, Seattle	<a href="mailto:asjs68@earthlink.net">asjs68@earthlink.net</a>

Sun 27	<b>Sammamish OC</b>	
10-12N	Lake Sammamish State Park, Issaquah	

### OCTOBER

Sun 11	<b>Founder's Day—</b>	Jim Siscel
10-12N	Chinook Land, Whidbey Island	<a href="mailto:asjs68@earthlink.net">asjs68@earthlink.net</a>

Sat 17	<b>WIOL Skills Training—1<sup>st</sup> &amp; 2<sup>nd</sup> year</b>	Participants Only
9am-3pm	Park, Lynnwood	<a href="mailto:asjs68@earthlink.net">asjs68@earthlink.net</a>

Sat 24	<b>Vampire O—</b>	Woodland Park,
5:30pm	Seattle	Jim Siscel
		<a href="mailto:asjs68@earthlink.net">asjs68@earthlink.net</a>

### NOVEMBER

Sat 7	<b>WIOL 1—</b>	Sammamish State Park
10-12N	Issaquah	Jim Siscel
		<a href="mailto:asjs68@earthlink.net">asjs68@earthlink.net</a>

Sat 21	<b>WIOL 2—</b>	Magnuson Park,
10-12N	Seattle	Jim Siscel
		<a href="mailto:asjs68@earthlink.net">asjs68@earthlink.net</a>

### DECEMBER

Sat 5	<b>WIOL 3—</b>	North SeaTac Park
10-12N	North SeaTac	Jim Siscel
		<a href="mailto:asjs68@earthlink.net">asjs68@earthlink.net</a>

Sat 19	<b>WIOL 4—</b>	University of WA
10-12N	Seattle	Jim Siscel
		<a href="mailto:asjs68@earthlink.net">asjs68@earthlink.net</a>

Sun 27	<b>Bog Slog—</b>	St. Edward
10-12N	State Park, Kenmore	Jim Siscel
		<a href="mailto:asjs68@earthlink.net">asjs68@earthlink.net</a>

### JANUARY

Sat 9	<b>WIOL 5—</b>	Marymoor Park,
10-12N	Redmond	Jim Siscel
		<a href="mailto:asjs68@earthlink.net">asjs68@earthlink.net</a>

Sat 23	<b>WIOL 6—</b>	Fort Steilacoom Park,
10-12N	Pierce College, Lakewood	Jim Siscel
		<a href="mailto:asjs68@earthlink.net">asjs68@earthlink.net</a>

### FEBRUARY

Sat 6	<b>WIOL 7—</b>	Fire Mountain Boy Scout
10-12N	Camp, Mt. Vernon	Jim Siscel
		<a href="mailto:asjs68@earthlink.net">asjs68@earthlink.net</a>

Sat 20	<b>WIOL Championships</b>	
10-12N	Dash Point State Park,	Jim Siscel
	Federal Way	<a href="mailto:asjs68@earthlink.net">asjs68@earthlink.net</a>