

2010-2011 Tristate Regional Orienteering League (TROL)

Orienteering—the sport of cross-country navigation

The Tristate Regional Orienteering League (TROL) 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.

Levels of Competition

Orienteering offers a variety of courses to suit individuals at every level of competition from beginner to intermediate to advanced. There are up to 7 levels of courses, color-coded: white, yellow, orange, brown, green, red, and blue. Each level gets progressively longer, and is navigationally more challenging. ALL beginners start on white. Individuals must master courses at each level before moving to more difficult courses.

Being a runner is not a requirement in orienteering. Nor is being a runner a guarantee of success. One must first master orienteering skills and strategies, then become fast. It is frequently seen that the thoughtful will best the swift. With that said, it is the natural progression of things that once an individual improves navigationally they also want to improve physically.

Instruction

Can't read a map? Don't worry. Instruction is available at every meet. In addition, classroom instruction will be available at area schools. Some events will be designated for use as practice before and during the season, which are included in the schedule. A training camp will be offered during Thanksgiving break.

Eligibility

Any student who is enrolled full-time in grades 12 or under in any public, private, or home school in the Greater Cincinnati tristate area is eligible to participate. A student must attend the school which he/she represents in the competition. TROL officials reserve the right to rule on the eligibility of an individual student.

Equipment

A baseplate compass is strongly recommended and a safety whistle is required. You may borrow or purchase a compass. One whistle will be provided free to season pass holders.

Clothing

Wear clothing that is suitable for the weather conditions and comfortable to jog in. Full leg covering and shoes with good traction (e.g. trail running or soccer shoes) are recommended. You should always bring a change of warm, dry clothes for after the event.

Electronic Timing

At most events a SPORTident (SI) electronic timing card will be required. It is provided as part of the season pass fee. The SI timing card electronically records each control you visit and when you visit it. This 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 damaged SI timing card is \$40.

Competition Season

The season will consist of 12 competitive events beginning in November 2010 and ending in March, 2011. All competitive events will be within a 50 mile radius of the Butler County courthouse at Hamilton, Ohio. Most of these events will be held on Saturday, but a few will be on Sunday.

Each competitive event will offer at least 4 courses of varying difficulty, based on the U.S. Orienteering Federation's color system. It is required that all students begin on the easiest level course (white) and move to more difficult courses only when they have successfully completed courses individually at the preceding level.

Additionally, several practice events will be offered, beginning October 4, and on several other dates throughout the season.

Students may do courses at practice events in pairs or threes, or with a parent or coach. At competitive events, only students doing courses as individuals will be eligible for competitive scores.

Most Orienteering events are open to the general public. Family and friends are always welcome to try a course.

Teams

Team members compete separately as individuals. The team score is based on the placing of individual participants. The best 3 scores from each school make up the team score

Divisions

Open Division - White course – Students new to orienteering and those not yet confident in their abilities should do the white course.

Middle School Division - Yellow course – High school students who are learning orienteering may also do this course non-competitively.

High School Junior Varsity Division - Orange Course – Any High school student may do this course.

High School Varsity Division - Green course – Students should only enter a varsity level course if they have previously completed orange level or higher courses.

With permission, experienced younger students may "run up" on tougher courses.

Awards

Awards will be given at the end of the season in the following categories on all courses:

- Top 5 boys and girls per division for the season
- Top 3 school teams for the season
- Traveling season trophies to the top junior varsity and varsity teams to display for one year

Scoring

Individual Event Scoring – The fastest eligible male and female finisher in each division will be awarded 1000 points. All other competitors will be assigned a lower number of points, based on the time behind the winner.

Individual Season Scoring – An individual's best 6 scores on the same level course during the season will be added to get a season score.

School Team Scoring – A school's 3 best finishers on a particular course at each event will give the school a team score for that event. A school's best 6 event scores will be used for the season awards.

Detailed Rules at: <http://ocin.org/TROL>

League Fees

The fee for this season is \$60. If a family has 2 or more TROL members, the fee is \$50 each. The fee includes:

- 12 competition events and several practice events
- Student membership to OCIN (Orienteering Cincinnati)
- Student membership to OUSA (Orienteering USA)
- One year (8 issues) subscription to the magazine "Orienteering North America"
- A loaned compass & SI card

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 Orienteering Cincinnati, Inc.), mail all forms to:

Tristate Regional Orienteering League c/o Pat Meehan
1306 Southern Hills Blvd., Hamilton, OH 45013-3738

Need more information?

For additional information about TROL, league schedule, orienteering, or to print a registration form, check out the TROL website (ocin.org/TROL)

Pat Meehan, Commissioner

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