



# Seneca Creek Smokey Glen

[ShareThis](#) [1]

**December 9  
Sunday**



Welcome to the Mid-Atlantic Championships at Seneca Creek State Park at Smokey Glen Farm! This competition is between QOC, SVO, DVOA, and other clubs from the Mid-Atlantic region as we vie for the coveted Broken Compass Award. Everyone can participate, and your participation will help your club score competition points. In addition to the Championships, this event will also be an official Orienteering USA National Ranking Event. The times and format will be a little different than you are used to from other QOC events, so please read the following as well as the extensive course setter and venue comments carefully.

**Pre-registration is now open.** Guarantee yourself a map for the morning/classic course by pre-registering; payment will be collected at the event. Click [here](#) [2] to register.

Courses will open at 9:00 AM with the last starts going off at noon. As always, everyone needs to be out of the woods by 3:00 PM so we can collect all of the controls before it gets dark. But you will want to plan to run on the early side, because in addition to the individual events, the Mid-Atlantic Championships feature team relays, which will begin at 1:30 PM. The relays are a lot of fun and a great chance to build camaraderie with your fellow QOC members. If you would like to participate in the relay, please contact [Jon Torrance](#) [3] and he will register your three-person team or assign you to a squad. Relay course and map details are below.

The rules for the Mid-Atlantic Championships and the National Ranking Event (NRE) are a bit different than for normal QOC events. To score points on your individual course for QOC or any other club in the Mid-Atlantic Championships, you must choose either the course corresponding to your gender and year of birth according to the OUSA rules of competition or a more difficult course, i.e. a course for which you could, if you're an OUSA member, be eligible to compete in a US national championship (this is explained in greater detail after the course notes, below). However, this is only a consideration if you think you're likely to be one of the fastest five finishers, male or female, on a course. If that isn't you, simply sign up for the course you prefer for its length/difficulty - you'll still be contributing to your club's score just by taking part, as attendance figures into the Mid-Atlantic scoring, not just the



individual course and relay results.

Once you have registered for a course (preferably online in advance) and paid, check in with the scorer’s table (Amy and Valerie) where you will be assigned a start time. You will then make your way to the start area, which is about 400 meters from our meeting site at Smokey Glen Farm. Volunteers will be at the start to give you the correct map and to make sure you are starting at the right time. Unlike our normal QOC events, studying the map in advance of your run is not permitted. The finish will be back at Smokey Glen Farm. Participants will have 3 hours to complete their course. The map scale will be 1:5000 for white and yellow and 1:10000 for all other courses.

You are strongly encouraged to pre-register for the morning/classic (NRE) courses in order to guarantee getting a map and make registration run more smoothly. Standard fees will be collected at the event. For those of you who haven’t previously been to Smokey Glen Farm, you are in for a treat. It is a **large, heated indoor facility with clean restrooms and ample parking**. Bring food, but no cleated shoes in the main building please. So plan on coming early, staying late and enjoying a great day of orienteering with your friends from QOC and other Mid-Atlantic clubs at the 2018 Mid-Atlantic Championships!

As for the relay, all maps will be 1:5000 scale, and there will be three courses/legs, with the following stats:

- Beginner/Intermediate: 1.5k, 45m climb, 8 controls
- Intermediate/Advanced: 2.4k, 70m climb, 9 controls
- Advanced: 3.0k, 120m climb, 10 controls

The relay will be handicapped using the same point system and format as at the last QOC-hosted Mid-Atlantics in 2015,as explained in detail below.

Group Leaders: please see our [For Group Leaders](#) [4] webpage and then contact the [Event Director](#) [5] so your group can get pre-registered in advance.



**Location**

Seneca Creek State Park, Smokey Glen Farm, Gaithersburg, MD (Mid-Atlantic Champs)

**Registration**

Guarantee yourself a map by pre-registering [here](#) [2]; payment will be collected at the event (cash only please).

**Start Times**

Classic course start times will be assigned at the event. Relay start will be at 1:30.

**Schedule**

<b>Sunday, December</b>	<b>99:00</b>	Mid-Atlantic
	am -	Champs:
	12:00	Classic
	pm	Course Start
		Window
	1:30	Mid-Atlantic



pm Champs:  
Relay Begins  
3:00 Mid-Atlantic  
pm Champs: All  
Courses Close

**Volunteers**

Event [Don Fish](#) [6]  
Director:  
Course [Nadim Ahmed](#) [7]  
Designer:

**Location Details**