



QOC National Event

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March 11 - March 12
Saturday - Sunday



Pre-registration is required for this event. After 1159pm 4 March, registration requests will be accommodated if start slots are available.

There will be no day-of registration.

Welcome to QOC's Royal Romp 2023 two-day event at Prince William Forest. We are looking forward to two great days of orienteering in one of the club's premier parks. On Saturday, 11 March, we'll be shuttling from Pine Grove out to Oak Ridge in the far west of the park. On Sunday, 12 March, the orienteering will be in the Pine Grove area itself. You can see locator maps of the parking/admin set-up as well as layouts of for both Oak Ridge and Pine Grove start, finish and check-in/e-punch locations here: [LOCATOR MAPS](#) [2] Parking will be at Williams Ball Field. Just follow QOC signage from the park entrance and look for volunteers in road guard vests.

You can see details on all the competitive courses on offer both days as well as map notes here: <https://www.royalromp.org/maps-courses> [3]

Updated: Recreational Courses: Also, and especially for QOC members and others in local area, we will be offering white and yellow recreational courses at Oak Ridge on Saturday and white, yellow and orange recreational courses at Pine Grove on Sunday - all with regular club meet fees. Pre-registration is open now, and just a reminder to local participants: We are not using the usual registration form that you are used to. Instead we are using Orienteering USA's also-very-simple "EventReg" which you can access here: <https://eventreg.orienteeingusa.org/eventregister/a40/register/start/royal-romp-2023> [4]

Note that e-punches will be free for recreational course participants and also that there will be none of the usual pre-established windows that you usually select from during pre-registration. Instead, the recreational course starts will be as follows:

Saturday: White and Yellow - start window is 10 AM to 12 noon.

Sunday: White, Yellow and Orange - start window is 9 AM to 12 noon.

Start times will be assigned by the start crew at the event for all recreational course orienteers. For recreational courses, groups of up to four people are allowed. For any



questions/problems, contact the [Event Registrar](#) [5].

Recreational Course Details:

Saturday, 11 March at Oak Ridge:

White: 3.1k in length, 60m climb, 13 controls

Yellow: 3.2k, 70m, 10 controls

Sunday, 12 March at Pine Grove

White: 2.5k, 65m, 12 controls

Yellow: 2.4k, 75m, 9 controls

Orange: 5.3k, 180m, 14 controls

Also keep in mind:

- **Masks are optional at all locations connected with the event. Please continue to minimize clustering at and around the check-in, e-punch, start and finish areas.**
- **Beginner instruction will not be provided at this event.**
- **We will continue our policy of not providing WATER on the courses or food to participants at our events aside from an emergency water for first aid purposes only. So don't forget your canteens/Camelbacks/other hydration arrangements. However there will be water at the starts for this event.**
- **Start windows for the recreational courses will be slightly different from our regular start windows.**

Additional Information:

- **Any youth or large groups attending, although you will be pre-registering online, please contact the [Event Registrar](#) [5] to let them know of your plans and numbers for their awareness.**
- **Dogs are not permitted at this event.**
- **The rest rooms at Pine Grove will be open for our event, and there will be port-a-johns available at Oak Ridge.**

Location	Prince William Forest Park, Pine Grove, Triangle, VA (National Event)
Registration Start Times	Registration is now open. Start times will be by windows (all details are on the Royal Romp website).
Schedule	Saturday, March 11 9:00 am National Event: First Competitive Starts for Day 1 10:00 am - National Event: 12:00 pm Recreational Starts Sunday, March 12 9:00 am National Event: First Competitive Starts



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Volunteers

Course [Nadim Ahmed](#) [6]

Designer:

Course [Ted Good](#) [7]

Designer:

Location Details