



Lake Accotink

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**September 17
Sunday**



This Sunday event requires pre-registration, opening Monday, Sept. 11 at 6pm and closing Saturday Sept. 16 at noon. There will be no day-of registration.

Welcome to the first event of QOC's 2023-2024 season at Lake Accotink in Fairfax County. We'll be using the McClaren-Sargent shelter as in the past (see [locator map](#) [2]) and will be offering white through red classic courses to get everyone back into the orienteering swing. QOC will also be hosting the Northern Virginia Senior Olympics (NVSO) orienteering competition at this event; the NVSO short course will tentatively use the QOC white course, and the NVSO advanced course will use the Brown.

We will be using the main parking lot, near the end of Accotink Park Rd just below the dam (see [locator map](#) [2]), with a walk of 400 meters to check-in. All QOC signage will point you towards the main parking lot. There is also a smaller parking nearer the McLaren-Sargent shelter that is approached from an entirely different direction than the main parking lot. For GPS purposes, the address for the small lot is 5660 Heming Avenue, Springfield VA. Unless you are a volunteer or arrive on the early side, you are probably better off going to

the main lot, as if you go to the small lot and it is filled, you'll have a substantial drive to get back around to the other one because of the quirks of the local road network. Also note that a new bridge/ramp has been built over the spillway below the dam, eliminating the steep climb up to the woodland area. (See photo to left.)



Additional information:

- **No food items will be provided.**
- **Participants are responsible for meeting all their own hydration needs before, during and after their courses.**
- **As always, please be off the course no later than 3pm and remember to download at our e-punch station even if you did not finish.**
- **For those new to orienteering, make sure to check out our [Your First Event](#) [3] and [Orienteering Techniques For Beginners](#) [4] webpages, and if they don't answer any question you have, just use our [Contact](#) [5] Form and ask away!**
- **Group Leaders: please contact the [Event Director](#) [6] so he is aware of your plans.**
- **Rest rooms are located at McClaren-Sargent Pavilion.**
- **Dogs are allowed in the park but must be on the leash at all times.**



Post Event Social: If you wish, after you finish your course stop by Malek's Pizza Place, located [here](#) [7] in Springfield VA, just 11 minutes southwest of our event venue. The manager, Marco, has offered a combo special for QOC participants bringing a map - any sub or sandwich plus a side for just \$9.99.

Location

Lake Accotink Park, McLaren-Sargent Pavilion, Springfield, VA (Classic)

Registration

Registration for this event opens at 6pm on Monday Sept. 11 via [this link](#) [8]. Registration will close at 12 noon on Saturday Sept. 16



Start Times

Schedule

Volunteers

Location Details

(the day before the event). Pre-registration is mandatory.

Who's registered? Check by clicking [here](#) [9].
Sorting by column is possible too - click on the column name.

Start times will be by windows (to be defined for this event before registration opens).

Sunday, September 17 10:00 Classic:

am -

3:00

pm

Event [Charles Carrick](#) [6]

Director:

Course [Mark Thomsen](#) [10]

Designer: