



## WELCOME to a Rochester Orienteering Club (ROC) EVENT

We are glad that you are about to try orienteering.  
We hope that you enjoy yourself and will want to return many times.

### REGISTER

You will need to fill out the information on the front of this sheet and sign the waiver. When the information is complete take the form to the registration table, pay your fee and receive a map, punch card, clue sheet and map cover. One registration per group.

### FEES PER MAP

\$5 for non-members

\$3 for ROC (or other orienteering club) members

### PICK A COURSE (not all courses offered at every meet)

*String "O"* A course for the little folks to get stickers.

*White* (1-2.5K) A short, easy course for beginners and young children.

*Yellow* (2-3.5K) A novice course for people with some experience.

*Orange* (3-4.5K) An intermediate level course

The following courses are Advanced level courses for experienced orienteers.

*Brown* (3-4.5K)

*Green* (3.5-5.5K) .

*Red* (5.5-7.0)

*Blue* (7k +) .

### STARTING

You must report to the start before going out on the course.  
Get dressed, copy your map, get organized and then go to the start person. Have your punch card out. Get your start time and go when your time comes up on the clock.

### FINISHING

You must report to the finish even if you do not complete the course. We must know that you are safely out of the woods. Turn in your punch card to the finish person. Course flags will be picked up starting at 3:30 sharp. Awards will be given at 3:15 or mailed if you are not present.

### INSTRUCTION

A short informal clinic will be held at 12:30. Individual instruction is available at any time, just ask at the registration table.

### NEXT EVENT

Pick up a schedule at registration. Consider joining the club to get a \$2 discount at meets and to receive the newsletter. A membership form is included with the schedule.

Hope to see you again soon!!!