

Dallas ISD Interscholastic Championships 2023

Course Setter Notes

Welcome to a fun, exciting and challenging orienteering event at **Crawford Memorial Park**. In preparation of this event, we have made a few updates to the map. It has been added to last year's quick update. The basic map is in a good condition. Contours, infrastructure, and most paths are quite accurate. Some faint and disappearing paths have not been drawn on the map. Especially in the open and sandy areas a lot of the paths have not been drawn. A few new faint paths have been added. Vegetation and minor watercourses are not fully updated. Generally, the vegetation density is as tough as drawn and, in many places, tougher to pass than drawn.

Terrain

Crawford Memorial Park includes some technically challenging terrain in the form of complex erosion systems. Much of the park is criss-crossed by old mountain bike trails. Although there are some steep slopes in the erosion complexes and along the stream, the park is mostly flat. Unless we unexpectedly get a lot of rain, the forest is quite dry and there is little water in the stream. On the map where a black line is drawn along the blue water symbol it is normally not safe nor allowed to cross the water. Where there is no black line along the blue water the water can be passed safely, however, if you are not careful you might get wet feet. Crossable locations are also marked with Mandatory Crossing symbols. You are allowed to cross at these points even if there is a black line along the blue water. A lot of the rough open land has increasing low vegetation that is tough to run. In the North and Northeast side of the park there are Athletic Fields. Please avoid the fields that are in use. In general, the park has a lot of usage by the local population.

Maps, Contour and Scale

The map has a 2-meter contour interval. All courses are on **1:5,000** scale. Symbols are described on the map. The symbols are very similar to the ISOM 2017 Orienteering norm, but there are slight variations to the norm. The bridge over the stream in the center of the park has been repaired and is good for passage. A solid and safe alternative crossing was constructed to the north of the bridge at the time the bridge was damaged and it is drawn on the map. It is still safe to use.

Hazards

Running through unfamiliar terrain is always dangerous. Notable terrain hazards include high cliffs, steep slopes, briars, loose rocks, cedar tree branches, deep water and leaf-hidden hazards. Trash and debris have accumulated along some parts of the creek and on the wooded slopes near the soccer fields. Watch out for glass bottles if you come across this kind of material. Wild hogs have been observed in the park. Leave them alone and they will refrain from eating you for lunch. There are signs of homeless people having used the park. I am not aware of any homeless people presently staying in the park. If you come close to a homeless site just circumvent it and be polite to any people you meet in the park.

Stream/Lake

A large stream flows southward through the middle of the park.

Stream Crossing points:

- In the northern part of the park the creek may be crossed easily on the Elam Road bridge or on the large footbridge on the paved trail near the middle of the park. One shallow water crossing is mapped in the north; otherwise, the creek should not be crossed in the north part of the map where you cannot see the bottom of the streambed.
- In the southern part of the park there are several places for shallow water crossings. However, you are likely to get your feet wet.

Course Details

There is a significant increase in technical difficulty of Red, Brown and Green from Orange. Similarly, Orange is more difficult than Yellow. Especially Brown, Green and Red will require penetration of dense vegetation in order to get to a few of the controls. Proper dress and caution are recommended. All courses except white will require one or more stream crossings -- shoes might get wet. White and Yellow should be fun and fast running. Orange is fun with fast running and some technically challenging controls. I have put every effort into making Brown, Green and Red as technically challenging as I can.

I hope you will all enjoy it.

Course Length (km)

White 2.7

Yellow A & B 4.2

Orange 4.7

Brown 4.1

Green 5.2

Red 7.0

O-Track

At this event we offer O-track on all courses. Please bring your sports tracker, like your smartphone or Garmin watch. Track your run and upload it on www.o-track.dk.

If you do not already have a profile on O-track please create one before the event and log in. It is for free. Once you are logged in you can find the Crawford event on the event list. After your run you can upload your track to the course you were running and compare your route choices and speeds with all the other runners that have uploaded their tracks.

On O-track.dk you can find additional guides to how O-track works.

In general "Strava" has been found to be one of the best trackers to use with O-track.

If you do not want to leave your track on the website O-track, you can at any time in the future delete your track again.

If you have questions to O-track, please do not hesitate to ask us.

Zig-Zag orienteering

When you have completed your course, we will try and offer a free and fun Zig-Zag orienteering event in the fields next to the finish area.

This is a fun short course orienteering event where the courses only take a few minutes to

complete. But don't be fooled. Even though you can see all the controls from the starting point the difficult courses are really difficult.

There will be e-Punch boxes on all controls. You will be given an e-stick and have to clear, check and start the e-stick before you run. Make sure the e-stick has the same number as the course you are running.

We will try and give you a printout of your time and check if you found the controls in the right order. You are welcome to run all the courses as many times as you like. You can compare your time with yourself and/or your friends.

We will not be scoring and make a ranking list of times on each Zig-Zag course. It is all just for fun.

Jens Borsting