

# Spring-O Participant Guide

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*Sid Richardson Scout Ranch*

*Longhorn Council / NTOA*

Spring-O is a 1-day cross country orienteering competition co-sponsored by the Longhorn Council BSA and the North Texas Orienteering Association (NTOA). Spring-O is open to all Scouts and Scouters, NTOA members, ROTC units, orienteering clubs and the general public. The meet attracts competitors from around the state. Experience competitive orienteering Texas style!

The competition area encompasses over 1,500 acres. Different sections are used each day to give runners new challenges for each course. Beginning and intermediate orienteering clinics are offered for registered participants and held on Saturday. Recreational (self-timed) orienteering courses are also offered for groups that want to practice, create their own program for meeting rank requirements, or just spend a fun day in the woods honing their map and compass skills.

## NEW FOR 2023

**Course selection is separate from event registration.** All courses will use electronic (E-punch) punching and the NTOA scoring system will be used. You will use the NTOA website to select courses and pay meet fees. The link for course selection is:

<http://ntoa.com/spring-o-with-longhorn-council-bsa-2023/>

To make camping reservations use the Longhorn Council event registration site. There is a camping fee for non-Longhorn Council units and individuals. <https://scoutingevent.com/662-Spring02023>

Event activities are centered around the main camp area. Headquarters will be located at the dining hall. Follow the signs in camp to get to the dining hall.

## Terrain

The terrain is primarily mixed woods, semi open with post oaks, cedars, mesquite, and cactus. The camp has a moderate trail system with a few unpaved roads, spectacular cliffs, bluffs, gullies, and marsh areas. A relatively flat grassy ridge along the center of the peninsula is frequently broken up by steep rocky canyons and hillsides that fall away to the lake on either side. The camp has over 15 miles of shore line on Lake Bridgeport.

Vegetation varies from open meadows to impenetrable fight. Over 20 species of cactus have been identified. Some poison ivy. Thorny trees, shrubs and vines are numerous. Bugs and critters that sting and bite. Protective clothing is strongly recommended.

SR2 is a working cattle ranch and oilfield operation. Please respect all fences and observe all warning signs. Expect to see both cattle and wildlife. Do not approach or harass livestock or wildlife. They won't bother you if you don't bother them.

## Map

The map was originally printed at 1:10,000 scale with 3 meter contours. Original field work and cartography by Rich Wendling was completed in 1996. Revised by Tatyana and Sergey Svistun, 2002-2005, re-worked in 2006 and ongoing updates by LHC members. Contours are now 5 meters. Many new man-made features have been added or changed in several places around the camp, while others have been removed. Not all of these changes are reflected on the map. We do try, though. Clue sheets use IOF 2017 Control Descriptions. Please report any corrections to the Longhorn Council Orienteering Committee.

Different sections of the map are used each day. Maps are printed at 1:7500 or 1:10000 scale depending on the course. Orange, Brown, Green and Red clue sheets are IOF Symbols Only. Cheat sheets are available for free at registration.

## Things to remember

**Recreational Teams.** Recreational teams will run the same courses as competitors. You may now select advanced courses. Rec Teams may run only one course per day. Multiple courses are no longer allowed.

**Select your course in advance.** So that we have the correct number of maps printed for each course you must select your course when registering. Please do not ask for changes on meet day as we may not be able to accommodate.

**Preregistration is highly encouraged.** It speeds up the check-in process on the day of the race, helps us to determine how many maps are needed and helps keep costs down. Instructions for preregistration are on the event web page. Incidentally, **preregistration** ensures you will get a map with a preprinted course. We always print extra but if there are a lot of race-day registrants, then we will ask the latter to draw their course on a blank map.

**Team size will be strictly enforced.** Scout Teams are a competitive class and are 2 people only. Rec teams are 2-5 people. We have some very good reasons for these rules. Please don't ask us to make exceptions. Plan ahead and be prepared.

## Cross-country Orienteering

Cross-country, or point-to-point, orienteering is the original form of the sport. Runners compete on a course using only map and compass. The numbered controls must be visited in the order shown on the map. Runners are timed and the fastest finishers win. Spring-O is a 2-day meet and awards are based on the combined finish times for both days.

For those who may be attending only one day or who wish to orienteer as a small group for training we offer a recreational category. Teams of two to five members will navigate the competition course but time themselves. Great for both beginners or those who wish to test their limits on an advanced course. E-punch required for B/G/R.

## Courses

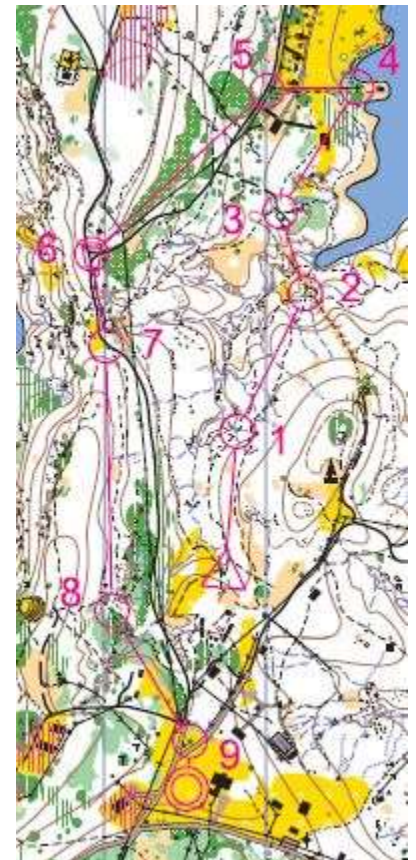
White: Beginner, youth. 2-3 km in length. Routes are all on trails or handrails such as fences, power lines, and streams. Route choices are simple and are designed to teach how to keep the map oriented to north and which way to turn at an intersection. Good course for those learning to read maps. Clue sheets have IOF symbols and words.

Yellow: Novice, teen/adult. 3-5 km in length. Routes are mostly on trails or handrails, but control markers are placed slightly off the beaten path. Route choices are simple but may require that the orienteer figure out where to look into the woods to find each marker. This is a good course for meeting 1<sup>st</sup> Class or Orienteering Merit Badge requirements. Clue sheets have IOF symbols and words.

Orange: Intermediate, teen/adult. 4-7 km in length. At this level, the orienteer begins to have the choice between easy but long routes, and shorter cross-country routes. Compass use becomes necessary as routes become more complicated. Map reading skills are tested. Runners should have mastered the Yellow level or been successful at a couple of LHC Score-O events, before attempting. Clue sheets have symbols only.

Brown/Green/Red: Advanced. These courses are all the same level of technical difficulty but vary in length. This is the most difficult level as it involves routes that are almost entirely cross-country. Route choices are challenging mentally and physically and markers are harder to find. Advanced map reading skills are a must and compasses are necessary. Only experienced orienteers should attempt these courses. Clue sheets have symbols only. Brown length is 3-5km, Green 4-7km and Red 6-10km.

E-Punches are required on Brown, Green and Red courses. Standard paper punches on all other courses.



A good article on things to consider when selecting a course is available from the NTOA website at [http://www.ntoa.com/help/course\\_description.htm](http://www.ntoa.com/help/course_description.htm)

## Classes

Orienteering classes are designed to group people of similar physical capabilities and experience. Competition classes are divided by age and gender. Age is defined as your age on December 31 of the current year.

The following classes will be in effect for 2022:

Course	White 2-3 km Beginner	Yellow 3-5 km Novice	Orange 4-7 km Intermediate	Brown 3-5 km Advanced	Green 4-7 km Advanced	Red 6-10 km Advanced
Individual Male Classes	WM-13 WM1415 WM16+	YM-15 YM1618 YM19+	OM-18 OM1944 OM45+	BM-18 BM1944 BM45+	GM-18 GM1944 GM45+	RM-18 RM1944 RM45+
Individual Female Classes	WF-13 WF1415 WF16+	YF-15 YF1618 YF19+	OF-18 OF1944 OF45+	BF-18 BF1944 BF45+	GF-18 GF1944 GF45+	RF-18 RF1944 RF45+
Scout Team, 2-person	WTeam	YTeam	OTeam	BTeam	GTeam	RTeam
Rec Team 2-5	WRec	YRec	ORec	BRec	GRec	RRec
	E-Punch	E-Punch	E-Punch	E-Punch	E-Punch	E-Punch

Legend: M=male, F=female. Age ranges follow gender; a leading minus means that age and below, a trailing plus means that age and above. Age as of 12/31 of the current year. Families and other groups who wish to follow the course together **MUST** participate as Rec Teams. 3 Hour time limit on all courses.

**Class Adjustments:** Classes may be combined or sub-divided based on the number of entrants at the Meet Directors discretion.

## E-Punches

Electronic punches will be used for **ALL COURSES**. Please include your e-punch number with your registration form. E-Punches may be rented at the meet from NTOA for \$3/day.

## Scout Teams

Orienteering is generally an individual sport. Scout Teams are for 2 YOUTH. To comply with BSA Buddy System guidelines two-person competition teams are included at this meet. Teams stay together throughout the entire course and must cross the finish line together. Adults that wish to orienteer together should choose Recreational Team.

Please be sure both names are included on the registration form and correctly identified. Teams run the same course as individuals and are timed in the same way. Awards are presented for the Top 3 teams in each class based on the combined time for both days. Scout teams may compete on any course. Runners should have successfully completed Orange courses or several Score-Os before attempting advanced courses.

## Recreational Teams

A recreational team is 2-5 participants who complete the course together. They will assist each other with map reading and navigation. Examples include families, groups of Scouts, adventure racing teams, or any novices who wish to work together. Experience real orienteering with no time pressure. 5 person maximum strictly observed.

Recreational courses are drawn to the same standards and use the same map as the competition courses. Different sections of the map are used each day. Hikers may try any course from White to Red. Rec groups on advanced courses(B/G/R) will need to rent or provide their own E-Punch. See the Courses section for descriptions of the lengths and difficulty levels of each. Rec Teams may only run one course per day. Time limit is 3 hours.

Webelos and Cub Scouts must have at least TWO (2) adults in their group. Groups larger than 5 will not be allowed. Please plan accordingly. The meet director reserves the right to limit runners on advanced courses.

## Training clinic

Two beginners' clinics and one intermediate (Merit Badge) clinic are held on Saturday morning. If you have never been orienteering this is the place to start. The curriculum is based on material from the Orienteering Merit Badge pamphlet. The instructors will present sample maps, clue sheets, and punch cards. They will also discuss how to read the map and some strategies for getting around the course.

The clinic is free for all registered participants. See the event schedule for location and time. Clinics last about 30 minutes.

## Rank Advancement

Spring-O presents some rank advancement opportunities. Scouts and Scoutmasters will have to assess their own needs to best utilize the program. Event staff cannot test Scouts or sign off on requirements.

1<sup>st</sup> Class requirement 2 to complete an orienteering course that covers at least one mile can be met by running any course. Scoutmasters must add the measuring of the height and/or width of objects (flag pole, tree, creek, etc.). Instruction or testing is not provided.

All of the courses will satisfy Orienteering Merit Badge requirement 7a. The training clinics will provide introductory instruction covering requirements 2-6 but no testing is done. It is the Scouts responsibility to complete these requirements with a merit badge counselor.

## Night-O

Night-O is a team score orienteering event. Your group will run in the dark to collect 16 controls in any order. You'll be searching for special reflective controls so bring a flashlight.

Gather at the dining hall beginning at 7:30 pm. Complete and turn in team roster(s) upon arrival. Map handout is at 7:45. Teams will have 10 minutes to work out a strategy then move to Start Area at 7:55. Mass Start is at 8:00 pm. The time limit is 1 ½ hours from 8 pm to 9:30 pm.

Minimum Team size is 3. Maximum team size is 8. Any exceptions must be approved by meet director.

Manual punch cards (no electronic punching).

## Meet Day!

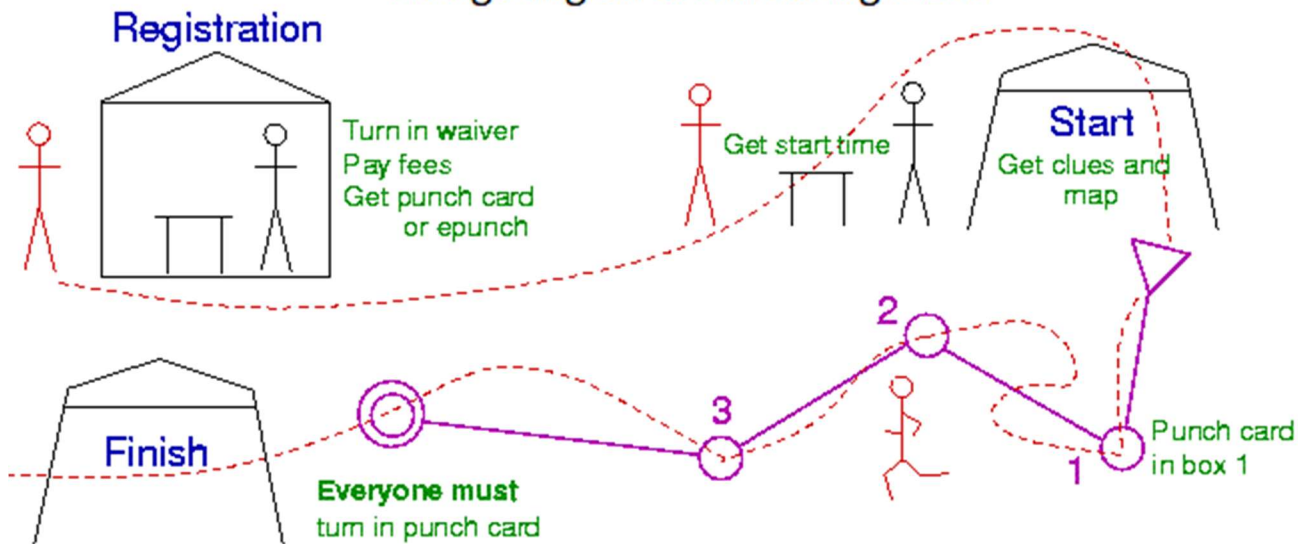
On meet day please report to the Dining Hall as soon as possible after check-in opens. Here you will pay any fees due, turn in your meet waiver and receive your start time. You will receive a "punch card" that has your identification number, course and class information and a sequence of numbered squares. You must have this card to run your course.

**After registration proceed to the start time table where you will receive your starting times** for both days. Because competitors are to navigate on their own (except groups), **everyone starts at 1 min intervals**. You may receive a start time of 12:10pm or, if there are a lot of participants on your course it may be 1:10pm., etc.

**Get your E-Punch** now if you are running an advanced course. (you still need your paper punch card)

**You will receive the map and clues for your appropriate course at the Start Line.** Be on time! If you miss your assigned start time you will be moved to the end of the line.

## Navigating an orienteering meet



**On the Course.** Don't be in too big a rush to head off for Control 1 (C1) -- you might run in the wrong direction. Take a moment to orient yourself.

- Navigate from control to control around the course from C1 to C2 to C3, etc.
- The control location is identified by an orange and white control bag.
- When you arrive at a control, check your clue sheet to make sure you are at the correct control. Each control has a unique identifier number that has been included on the clue sheet.
- Insert your e-punch into the e-box. Listen for the beep.
- Now reorient yourself and proceed to C2.

**Finish.** When you finish **turn in your punch card**. We will check that you have made it to all of the controls and compute your time. There is a 3-hour time limit for course completion. **Even if you don't make it to all controls, or you decide to leave the course, it is important that you check in at the finish and turn in your punch card.** We keep track of who starts and want to make sure everyone finishes. If we spend a couple of hours looking for you and find that you are already back in camp with your feet up you may be visited by a bunch of tired and irate orienteers or camp Rangers - you don't want that.

## Results & Awards

Results will be posted on a results string. However, final results and the awards take a bit of time to compile. We have to wait for everyone to finish. You may have started at 10 am and finished by 11 am. However, this may be before others have even started. When you finish we have to check your punch card and compute your time.

Awards for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> Place are given for each competition class. The award ceremony will be held at the dining hall as soon as all competitors have returned and final times recorded. See the event schedule for times.

## Camping

Tent camping is available for groups or individuals. **Pre-registration is required to reserve a campsite.** The main camp area accommodates groups of all sizes as well as individuals. A combination of 'car camping' and 'roughing it' all of the campsites have roofed pavilions and beautiful new open-air latrines. There are now showers in all campsites. The camping area is within easy walking distance of all event facilities. Larger campsites will be shared so please be courteous in sharing the facilities with your neighbors.

Stoves are recommended for cooking as the camp is frequently included in county burn bans and open fires may not be allowed. Please check with the camping registrar when making plans.

There is a \$5 per person camping fee for the weekend for anyone not in a Longhorn Council Scout unit.

## Lakeview Lodge

Lakeview offers eight heated cabins with kitchen, bath, two bedrooms and sleep-in living room (four twin beds and 1 hide-a-bed). Linens and cooking utensils are furnished. There are also four dormitory units accommodating up to sixteen individuals each. Each unit has two bedrooms with eight beds in each side. Central bathroom facilities join the two bedrooms. No kitchen. Linens provided. Adults and youth are housed in separate buildings.

Dormitories or cabins can be reserved on a first come basis by contacting the Longhorn Council camping registrar. See Longhorn Council website for current rates on camp housing.

## Vehicle Traffic in Camp

When you arrive in camp please proceed to the Dining Hall. During peak arrival times the road is controlled and you will be directed to your campsite or the parking area behind the Dining Hall. Please park your vehicles as instructed by the Campmaster. All facilities are within walking distance of the parking areas

Please remind the drivers in your unit of the need for safety. DRIVE SLOW in camp. Encourage your members to carpool when possible to help reduce traffic in camp.

## Leave No Trace

As Scouts we have all been introduced to the principles of Leave No Trace. As you participate in Spring-O be a good steward of our natural resources by being respectful of nature and wildlife. Practice these key Leave No Trace principles:

**Travel on Durable Surfaces** – Use trails and hard surfaces when possible. Have your group spread out when off trail to avoid creating new trails. Walk softly and avoid damage to plant life. Be sure to stay on the trail if it is muddy or wet. If you walk around the muddy section, it widens the trail and causes further erosion.

**Pack-it-in, Pack-it-out** – Carry out all of your trash. Don't leave snack wrappers, water bottles, etc. Be careful not to drop "micro-trash" along the way. Micro-trash is small pieces of trash such as bottle caps or strips of wrapper torn off when opening a snack. Do not put trash in latrines. Pick up any trash that you find and pack it out. There are no dumpsters in camp. Please take all your trash home for proper disposal.

**Be careful with Fire** – Do not build new fire rings. Use stoves to cook. Keep fires small. Obey fire bans or other rules conveyed to you by camp staff.

**Leave What You Find** – Don't take souvenirs ... Except for trash – pack it out.

**Respect Wildlife** – Don't disturb wildlife, observe from a distance. Never feed wildlife.

**Be Considerate of Other Visitors** – Let faster runners pass. Keep the noise level down so that everyone can enjoy the surroundings. Observe quiet times in camp.

The following are not allowed on camp property: **Pets, Firearms, Alcohol, and Fireworks**. Our liability insurance and BSA Policy require that **no one may ride in the bed of a pickup truck**. Service dogs permitted.

Please see the event web page for links to registration documents: <https://scoutingevent.com/662-Spring02023>