

# Sprint NRE and JWOC Team Trials

## The Presidio of San Francisco

February 28, 2025

### COURSE SETTERS' NOTES

**WELCOME** to San Francisco's beautiful Presidio! The Presidio is now a [National Park](#) and we are very fortunate to be able to use it for Orienteering. You can read about the park [here](#). This event will be centered at the Main Post Parade Ground ([map](#)).

#### **SAFETY – RISK OF DISQUALIFICATION!**

**All courses are required to cross a busy road at one of two mandatory crossing points** (see an example in Figure 1 below [not from the actual map]). Runners may choose which crossing to use based on their route choice. These crossings will be marked in the terrain, but not guarded, so runners may need to wait for traffic to pass. To eliminate any time spent waiting, **there is a control on each side of each crossing (numbers 201 and 202) that runners must punch before and after crossing**. The controls are not mapped. For fairness, the time elapsed between these two controls will be set to a minimum of 60 seconds for all runners. This should be ample time to cross the road; if you take longer than 60 seconds, the extra time will be added to your time. **Failure to punch both 201 and 202 will result in disqualification.**

Please be careful of traffic throughout your course. There are likely to be many bikes and cars on a busy Friday afternoon.



Figure 1. An example of two available mandatory crossing points.

THE WALK TO THE START is along a route marked with cones and flags. The distance is 1200 meters, and the elevation gain is about 60 meters. Please plan 15 minutes or more for the walk to the Start, and stay on the route — areas outside the route are out-of-bounds! It will help if you bring your own copy of the map shown below.



Figure 2. The route from the Arena to the Start.

## PERMIT CONSIDERATIONS and OUT-OF-BOUNDS

**No steel or carbon cleats are allowed at the Presidio.**

Perhaps the most important map symbols to know in a *Sprint* race are the out-of-bounds areas. Please respect all the out-of-bounds areas indicated on the map. Our permit requires that we not enter these areas. If you enter these areas, you risk disqualification.

Four [map symbols](#) are used to designate out-of-bounds areas:

1. **Dark green (ISSPrOM 411)** indicates uncrossable vegetation, which is often a hedge or other type of vegetation that may *look crossable*, but is not allowed in a *Sprint* competition.
2. **Olive-green areas (ISSPrOM 520)** indicate private residential yards (aka "settlement"). You may run on public sidewalks, but don't step on people's lawns or flower beds. The rule of thumb is that if something looks like a private residence, avoid stepping on the property.
3. **Bold pink lines (ISSPrOM 708)** indicate an uncrossable artificial barrier that we have placed in the terrain. During the race, they will be marked with cones and monitored by a volunteer. You may not cross these barriers. Be careful to read your map and plan your route accordingly.
4. **Purple cross-hatching (ISSPrOM 709)** indicates environmentally sensitive areas, dangerous areas, construction zones, and other sites where we are not allowed.

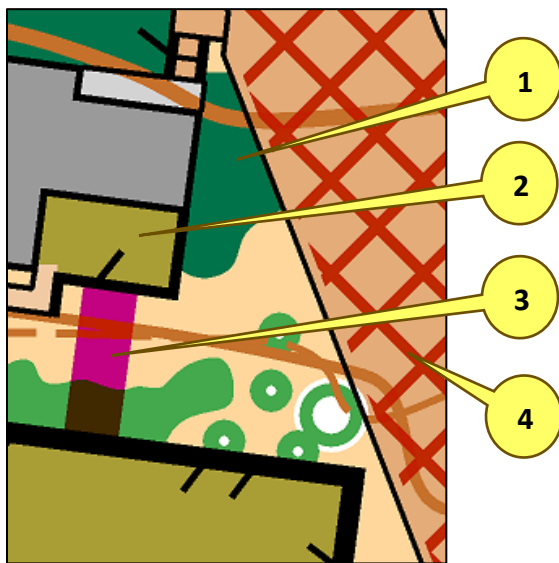


Figure 3. Examples of all four Out-Of-Bounds symbols — map is magnified for clarity.

## MAP CONSIDERATIONS

- The map scale for all courses is 1:3,000.
- The contour interval is 2.5 meters.
- No on-course refreshments (water) are provided.

There are some map symbols that are used only on *Sprint* maps. They are described in the *IOF International Specification for Sprint Orienteering Maps* (ISSprOM 2019-2), which is available online [here](#) and as [this PDF file \(8.0MB\)](#). A one-page presentation of the symbols on *Sprint* maps is available [here \(590KB PDF\)](#).

Map symbols worth studying are *Bridge or tunnel entrance* (512.1), *Underpass or tunnel* (512.2), *Area runnable at lower level* (512.3), *Uncrossable wall* (515), *Uncrossable fence or railing* (518), *Canopy* (522), *Out-of-bounds area* (709), and *Crossing point* (710.1).

We utilized some multi-level areas and underpasses in our course design. (Those features utilize map symbols 512.1, 512.2, and 512.3.) Beginner courses encounter minimal numbers of these features, but advanced courses will require reading control descriptions carefully in order to make the best route choices. (A document that explains the mapping of complex (multi-level) urban structures is available online [here](#) and as [this PDF file \(2.6MB\)](#). Another explanation of multi-level mapping is [here](#).)

When reading multi-level areas, look out for the little triangles (affectionately called "shark teeth") that indicate which direction you can pass *underneath*. In the example below, you would be able to run north/south under the bridge (ignore the red characters). Also note that the area with diagonal white-color-white lines (which are thinner on a map) indicates the area with two levels, and the color indicates the nature of the *upper* level.

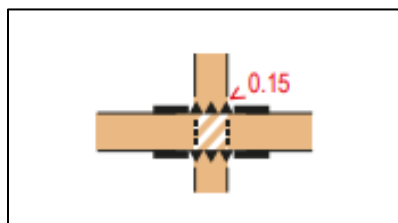


Figure 4. Multi-level example

For ease of reading, short sections of fence or wall will *not* have tags or "circles" normally seen on longer sections of those symbols.

When a control is located on a point feature, such as a single tree, the circle is centered on that feature even though the control location may be off-center to one side of the feature. For area features, such as buildings, the circle is centered on the control location.

## COURSES

The advanced courses are a bit longer than is normal for a 12-15 minute (USA winning time) *Sprint*. This was done intentionally, in order to make the courses more interesting and navigationally challenging. Complaints about course lengths will be politely ignored.

Course	Running Distance [km]	Climb [m]	Controls	Classes
White	1.2	15	12	F-10, F-12, M-10, M-12, M/F White, Rec White
Yellow	1.4	15	12	F-14, F-Yellow, M-14, M-Yellow, Rec Yellow
Orange	1.6	15	14	F-16, F-Orange, M-16, M-Orange
Brown	2.4	25	17	F-18, F55+, F60+, F65+, F70+, F75+, F80+, F85+, F-Brown, M65+, M70+, M75+, M80+, M85+, M-Brown
Green	2.8	30	19	F-20, F35+, F40+, F45+, F-Green, M-18, M50+, M55+, M60+, M-Green
Red	3.4	40	24	F-21+, M-20, M35+, M40+, M45+, M-Red
Blue	3.9	40	24	M-21+

Running conditions are excellent, dry, with good footing. The weather forecast calls for ideal conditions on Event Day: Mostly sunny, no rain, 60° – 70° F. Yay!

The Start area includes a nice warmup area — see Figure 5. Please do not stray into the out-of-bounds regions. There is no restroom at the Start area.

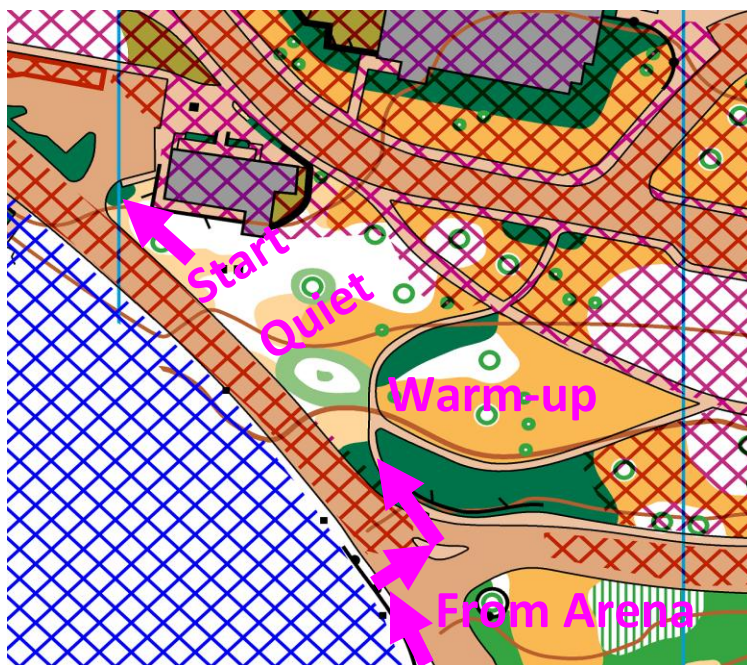


Figure 5. Start and Warm-up areas.

## ACKNOWLEDGEMENTS

We would like to thank the following folks:

- The Presidio Trust, particularly Christie Schantz, for providing us with a permit and advice about where we can and cannot go.
- Jon Campbell and Bill Cusworth for providing awesome mapping expertise.
- Glen Tryson – OUSA Course Consultant – for his thoughtful critiques and advice.
- Dennis Wildfogel for advice and statistics regarding length standards.
- The Bay Area Orienteering Club for hosting the event, providing equipment, and a host of fantastic, hard-working volunteers.
- Stephanie Maclean for taking on the tough task of being Meet Director.
- Thank you to all the orienteers coming out to the Presidio to run our courses! We hope you have great fun!

Respectfully,

*Caroline Sandbo (COC) and Gavin Wyatt-Mair (BAOC)*  
*Course Setters*