



2024 Meet Schedule

For information or questions about upcoming meets call call the Helpline at (585) 310-4762.

Web site: roc.us.orienteering.org Facebook: www.facebook.com/RochesterOrienteeringClub/

E-mail: contact@roc.us.orienteering.org Meetup: www.meetup.com/Rochester-Orienteering-Club/

What is Orienteering?

Orienteering is a sport which involves finding your own way from one checkpoint to another. You need no special equipment. Just show up at the local meets to participate.

Who enjoys Orienteering?

Orienteering is ideal for families. It appeals to all ages and fitness levels. You may treat it as a competitive race of navigational skill and physical speed, or simply as a hike through the countryside.

You may participate as an individual, or as a group or family.

Won't you join us?

Call the Orienteering Hotline at (585) 310-4762 for event status, directions, or specific start location, or to leave any questions about orienteering.

Also, please visit our web site at roc.us.orienteering.org for any schedule changes, for directions to the meet locations, for results, and for general information about orienteering.

The club has permanent orienteering courses at a number of local parks. This is a great way for beginners or families to learn or practice skills year-round at their own pace. For information, go to:

roc.us.orienteering.org/Permanent-Maps

Everyone is welcome

All meets offer beginner instruction, which is available approximately 15-30 minutes after the initial start. Signs to the starting point are always posted in the park.

For safety reasons, all entrants are encouraged to carry whistles

The entry fees to ROC meets are \$6 per map for ROC members and \$10 per map for non-members. If several people enter as a group using the same map, the fee is still \$6 (members) or \$10 (non-members). There is a \$1 discount if you use Online Registration (see below). The Beginner and Advanced Beginner courses are \$5 per map. A person or group can do a second course for \$2 additional charge.

Children can participate in the Little Troll Program by earning a sticker each time they participate. When enough stickers are earned they can send in their sticker card and receive a patch from the national orienteering federation.

Please pre-register!

All meets allow on-line pre-registration. (See the club web site for a link). This feature saves a significant amount of time and confusion for entrants and meet staff. We do not charge on-line, and prefer pre-registration even if your plans change and you are unable to attend the meet. There is a \$1 discount for pre-registering (discount doesn't apply to Beginner or Advanced Beginner courses).

2024 Meet Schedule

Meets in county parks are co-sponsored by the Monroe County Parks Department.

January

27 (Sat) Winterfest at Mendon Ponds (beginner event)

February

17 (Sat) Genesee County Park Ski-O via Usylingo

March

24 (Sun) Field checking clinic.

April

21 (Sun) Mendon Ponds Park. Cavalry Lodge. Mini-Rogaine (long time duration score-O)

28 (Sun) Genesee Country Village. Classic event. Register noon-1 pm.

May

5 (Sun) Webster Park. Classic event. Register noon-1 pm.

18 (Sat) Cumming Nature Center. Classic event. Register 10-11 am.

June

2 (Sun) Rochester Map Adventure. See web site for more details as event approaches.

8 (Sat) Mendon Ponds Park. ADK workshop.

15 (Sat) Braddocks Bay. Canoe/Kayak-O.

July

10 (Wed) TBD location. Summer Score-O series.

24 (Wed) TBD location. Summer Score-O series.

August

8 (Thurs) TBD location. Summer Score-O series.

22 (Thurs) TBD location. Summer Score-O series.

September

15 (Sun) Letchworth West. Classic event. Register noon-1 pm.

21 (Sat) Harriet Hollister. Classic event. Register 10-11 am.

October

6 (Sun) Mendon Ponds Park. Hopkins Lodge. Classic event. Register noon-1 pm.

27 (Sun) Durand Eastman. Magnolia Shelter. Classic event. Register noon-1 pm.

November

2 (Sat) Mendon Ponds Park. Annual trail race. (10K, 20K, 30K, 50K)

16 (Sat) Mendon Ponds Park. East/West Lodge. Night-O.

December

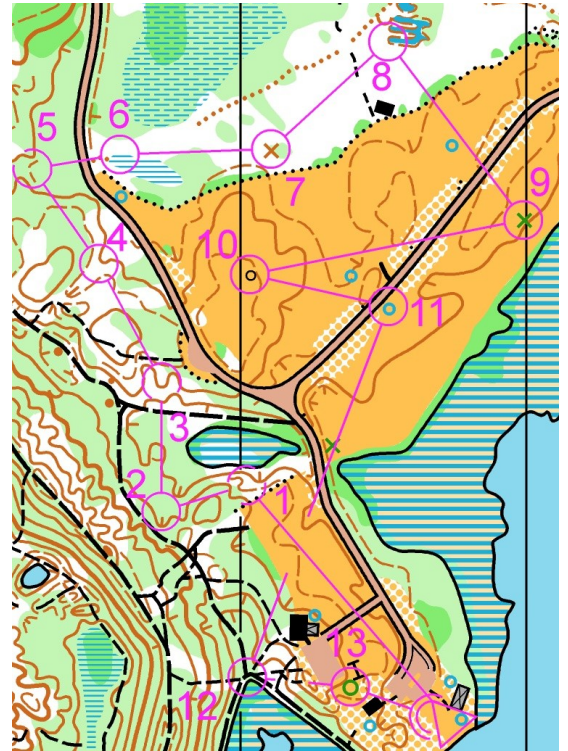
8 (Sun) Annual meeting and event. TBD location.

Note: "Classic Event" refers to multiple course options, usually four or more, always including a Beginner (easiest) course. Times listed for classic events indicate when one needs to register / sign in. Starts are allowed up to 30 minutes beyond the close of registration.

Location map to Rochester Orienteering Club orienteering areas



Example of Orienteering Map



Rochester Orienteering Club membership application form (or go to roc.us.orienteering.org/membership)

- ___ \$10 for one-year student membership (high school or younger)
- ___ \$15 for one-year individual membership
- ___ \$20 for one-year full family membership
- ___ \$25 for one-year organization membership (example: Scout group)
- ___ \$40 for three-year individual membership
- ___ \$55 for three-year family membership
- ___ \$200 for life membership

Make check payable to the Rochester Orienteering Club and mail to:
 Rochester Orienteering Club, 422 Woodland Lane, Webster, NY 14580

Name: _____
 Address: _____
 City: _____
 State: _____ ZIP: _____
 Phone: _____
 e-mail: _____
 Indicate if:
 New membership ___ or Renewal ___
 Date of application: _____

Please indicate one or more areas in which you would be willing to volunteer occasionally: Meet Director ___ Course Setter ___
 Food ___ Greeter ___ Registration ___ String-O ___ Start ___ Finish ___ Control Pick Up ___ Results Typing ___

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 Marion, NY 14505

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