

COC 2010 at a Glance				
Date	Time	Event	Location	Driving time from Carleton
15 Aug (Sun)	14h00	Farsta	Lac Beauchamp (Gatineau QC)	30 min
15-21 August		City Search-O	Cities of Ottawa & Gatineau	
15-18 August		Sass Peepre Camp	Carleton University (Ottawa)	
16 Aug (Mon)	10h00	LGOC Classic	P7 Gatineau Park (Gatineau)	35 min
	15h00-18h00	COF Conference Session (Coaching Workshop)	Carleton University	
17 Aug (Tue)	19h30	COF Conference Session (2010 National Juniors)	Carleton University	
	19h30 - 21h00	COF Conference Session (Coaching Workshop - continues)	Carleton University	
18 Aug (Wed)	12h00	Chase Sprint	Carleton University	
	19h30	COF Conference Session (New Officials Program)	Carleton University	
19 Aug (Thu)	09h-12h	Model Event	Beaverpond Park (Ottawa)	30 min
	14h00	Relay Event	Nakkertok Ski Club (Gatineau)	30 min
	20h00	COF ConferenceSession	Carleton University	
20 Aug (Fri)	09h-11h	Model Event	Beaverpond Park (Ottawa)	30 min
	13h00	Pat de St Croix Memorial COC Middle Distance	Carp Ridge, Hidden Meadow (Ottawa)	50 min
	19h00	COF Annual General Meeting	Carleton University	
21 Aug (Sat)	10h00	COC Sprint	National Research Council (Ottawa)	20 min
	11h00	Participatory Event	National Research Council	20 min
	16h00	COF Conference Session (Course Planning)	Carleton University	
	17h-22h	COC Banquet & Silent Auction	Carleton University	
22 Aug (Sun)	10h00	COC Long	Carp Hills, Eco-Wellness Centre	55-60 min

For orienteering events, the time refers to the first start time.