

Fountainhead Permanent Course

Green	5.2 km	390 m
1 24		
2 38		
3 48		
4 60		
5 56		

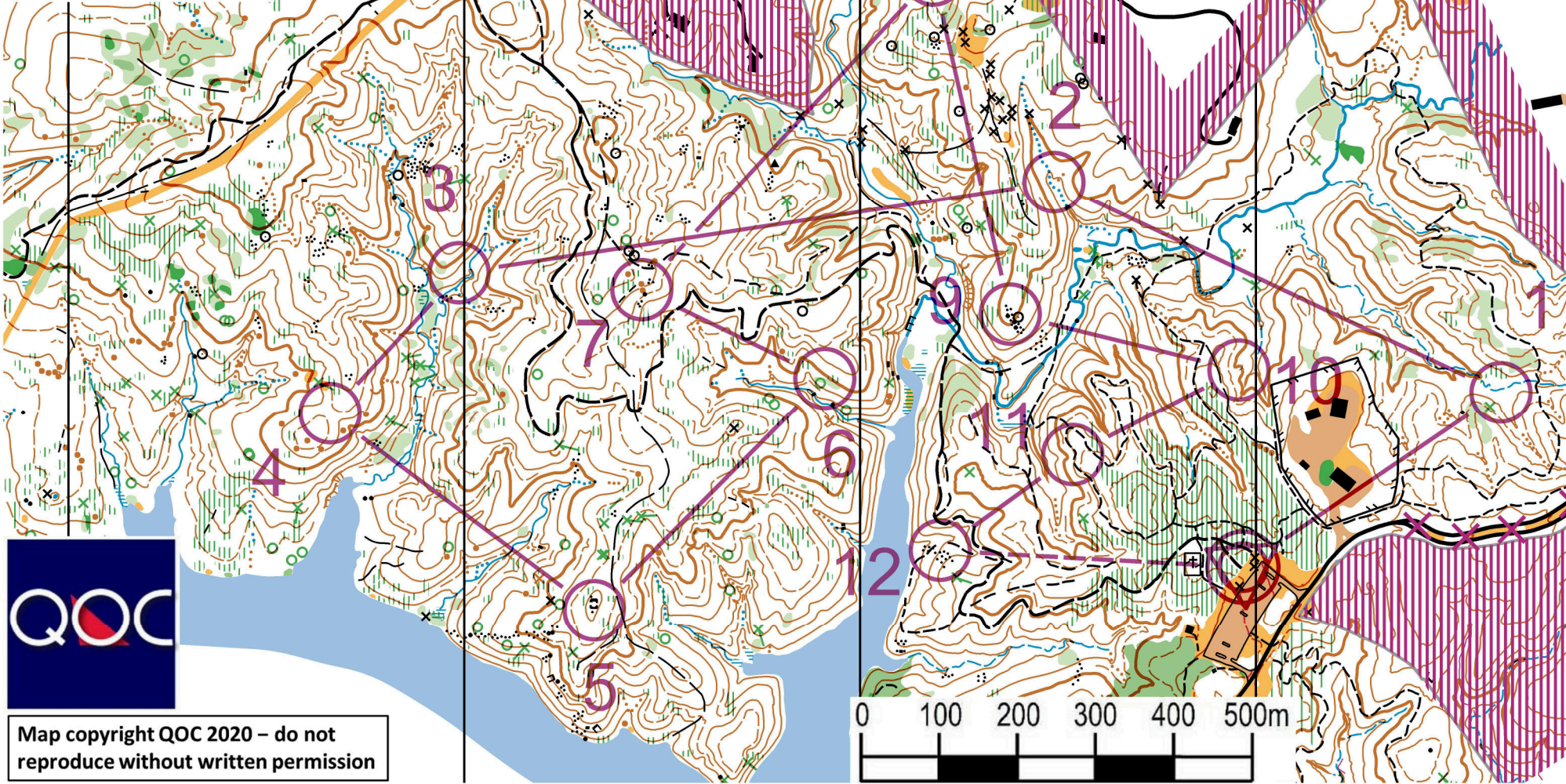
6 40			
7 34			
8 52			
9 30			
10 22			
11 11			
12 28			

--- 375 m ---

All members of the public are welcomed to experience orienteering at any of Quantico Orienteering Club's public events; visit www.QOCweb.org for an event schedule and more information.

Map Scale - 1:7,500
Contour interval - 5 meters

www.condes.net 10.1.8 Quantico Orienteering Club
Fountainhead Permanent Course



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IOF Control Descriptions

This is a summary of the IOF pictorial control descriptions. Full details can be obtained from the IOF web site at

<http://www.orienteering.org>

A	B	C	D	E	F	G	H
1	123	↓					

- A Control number
- B Control code
- C Which of any similar feature
- D Control feature
- E Appearance
- F Dimensions/combinations
- G Location of control flag
- H Other information

C - Which Feature

	Northern
	Upper
	Lower
	Middle

D - Control Feature

See below.

E - Appearance

	Low
	Shallow
	Deep
	Overgrown
	Open
	Rocky, Stony
	Marshy
	Sandy
	Needle leaved
	Broad leaved
	Ruined

G - Location of Flag

	West Side
	South East Edge
	East Part
	South West Corner (inside)
	North Corner (outside)
	North West Tip
	Bend
	South East End
	Upper Part
	Lower Part
	Top
	Beneath
	Foot
	North East Foot
	Between

F - Dimensions

	Height or Depth
	Size
	Height on slope
	Heights of two features
	Crossing
	Junction

H - Other Information

	First aid post
	Refreshment point
	Radio or TV control
	Control check

	100 m	Follow Taped Route away from control
	70 m	Follow Taped Route between controls
		Mandatory crossing point or points
		Mandatory passage through out of bounds area
	50 m	Follow Taped Route to Map Exchange
	120 m	Follow Taped Route to Finish
	40 m	Follow Taped Route to Finish Funnel, then follow tapes
	220 m	Navigate to Finish, no tapes

Land forms

	Terrace
	Spur
	Re-entrant
	Earth bank
	Quarry
	Earth wall
	Erosion gully
	Small erosion gully
	Hill
	Knoll
	Saddle
	Depression
	Small depression
	Pit
	Broken ground
	Ant hill

Rock and boulders

	Cliff, Rock face
	Rock pillar
	Cave
	Boulder
	Boulder field
	Boulder cluster
	Stony ground
	Bare rock
	Narrow passage

Water and marsh

	Lake
	Pond
	Waterhole
	River, Stream, Watercourse
	Minor water channel, Ditch
	Narrow marsh
	Marsh
	Firm ground in marsh
	Well
	Spring
	Water tank, Water trough

Vegetation

	Open land
	Semi-open land
	Forest corner
	Clearing
	Thicket
	Linear thicket
	Vegetation boundary
	Copse
	Distinctive tree
	Tree stump, Root stock

Man-made features

	Road
	Track/Path
	Ride
	Bridge
	Power line
	Power line pylon
	Tunnel
	Stone wall
	Fence
	Crossing point
	Building
	Paved area
	Ruin
	Pipeline
	Tower
	Shooting platform
	Boundary stone, Cairn
	Fodder rack
	Platform
	Monument or Statue
	Building pass through
	Stairway

Special features

	Special item
	Special item

