

## The Basics of Electronic Punching

Electronic punching (e-punching or EP) is a faster, better way to record your visit to each control on an orienteering course. Instead of carrying a paper card and punching it at each location, you wear a plastic "finger stick" containing a microchip.



Figure 1: A Finger



At each control site, you insert the finger stick into a control station, which records the control number and time onto the microchip.

Figure 2: Control Station #37

When you finish the course, you download the data onto the club's laptop and receive an instant printout of your time and split times between individual

Even better, you can view compiled on the club website that show everyone's splits for the same course, so see where you gained or lost time.

Electronic punching also checks that has visited all of the proper controls in correct order on the course. This ensures fair play at every event and also allows the Course Setter the freedom to lay out a course anyway he or she desires.



laptop,  
overall  
controls.

printouts

you can

everyone  
the

Figure 3: The Download  
Station

For more information on using E-Punching please review the Race Day Instructions.