

## Event Guideline B : Long Distance Cross Country Events with Colour Coded Courses

**This Guideline is only intended to provide advice to Organisers and Planners. No compulsion is intended, and it is accepted that the particular circumstances of an event may make it sensible not to take up all of the suggestions made.**

### 1. General Information

Levels: This generic Guideline applies to Long Distance Cross Country events with Colour Coded courses. See the separate generic Guidelines for Middle Distance Events, Sprint Races, Urban Races, Relay Races, Score Events, Long-O events, and String Courses.

Purpose: To provide domestic competition for orienteers of all abilities.

Characteristics of Long Distance Cross Country Orienteering:

Every sport has its own character and the unique character of orienteering is to find and follow the best route through unknown terrain against the clock using a map and a compass.

The attributes of Long Distance Cross Country orienteering are that it takes place in non-urban and mainly forested or open areas with technical interest, and aims at testing the ability of competitors to read and interpret a map, to evaluate and make efficient route choices, to use a compass, to concentrate, to make quick decisions and to navigate whilst undertaking, at the highest level, very physically demanding exercise in natural, preferably hilly, terrain.

The act of orienteering is enhanced if competitors are satisfied with the courses they are given. Careful course planning is therefore necessary to ensure that courses are appropriate in terms of length, physical and technical difficulty, control siting etc. In this respect it is particularly important that each course is suitable for the competitors who are taking part on that course.

Fairness is a basic requirement in competitive sport. Unless the greatest care is taken at each step of the course planning and setting, luck can easily become significant in orienteering competitions. The Planner of Cross Country orienteering courses must consider all aspects to ensure that the contest is fair and that all competitors face the same conditions on every part of the course.

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**Nature of Event:** Cross-country events held in daylight. Runners take part as individuals on courses which may be designated by colour, where each colour represents a course of a certain length and level of technical difficulty (generally the darker the colour the longer or harder the course). This ensures a consistency of course standards between events so that someone entering an Orange course one weekend will be able to enter an Orange course the following weekend confident that the physical and technical standards will be similar.

A youngster would be expected to start on either the White or Yellow course, whilst an adult novice would begin with either the Yellow or Orange course depending on his or her confidence with progression either towards longer courses with the navigation remaining relatively simple, or on to technically difficult courses up to the appropriate length for his or her fitness.

**Competition:** Regional events will be used for staging both age-class and non age-class competitions. For age-class competitions, such as Regional Association Championships, an appropriate relationship between the Colour Coded courses and age classes is included within the course tables later in the Guideline. Pre-event details should be clear as to what courses are being offered and (where relevant) which courses will be used for the awarding of prizes in each age class. Entries should be taken by course, and where appropriate to the event also by age class. Entry by age class (where relevant) may be limited to the primary Men and Women Classes, but may also include the Short and B variants if required for the age-class competition. Results should be produced by course with the age class of each competitor shown alongside their name. The age class in this case would normally be the real age class of the competitor based on gender and year of birth. However where a competitor entering by age class runs out of class, the age class displayed alongside their name would be the entered class. Some events may also wish to produce results displayed by age class.

Multi-day holiday events, attracting a significant foreign entry, may wish to use a full set of IOF age classes with Long and Short courses. Such events should base their class combinations and course length ratios on the table in

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Competition Rules I: Area Championships.

**Officials:** See Rules 4.1 to 4.4 (roles), and Appendix C parts 1.2.1 and 1.3.1 (recommended experience for organisers and planners), and 1.4.1 (level of controller). Regional (Level 2) events should have a Grade 2 Controller wherever possible, preferably external to the host Club, otherwise an experienced Grade 3 Controller external to the host Club may be appointed instead. The appointment of a Grade 3 or an internal Grade 2 Controller to a Level 2 event shall be endorsed by the Regional Association.

For Local (Level 3) events the organising body shall appoint a Controller who, at the very least, will be responsible for reviewing and signing off the British Orienteering Risk Assessment Form that has been completed by the appointed Organiser. For coaching/training events either a Controller or a UKCC2 or above Coach will be responsible for reviewing and signing off the British Orienteering Risk Assessment Form.

**Responsibility:** The organising body shall take financial responsibility unless prior agreement has been reached with British Orienteering. [Rule 2.3.1]

### 2. Map and Terrain

**Quality of Terrain:** The terrain should be appropriate for the level of competition and the courses planned.

**Map:** Maps should be produced to the International Specification for Orienteering Maps (currently dated "2000"). See also 'Appendix H: Mapping' of the BOF Rules.

### 3. Course Planning

**Courses:** The organising club shall decide which courses are to be provided. Whilst the colour coded scheme is not intended to restrict a Planner's options, it is essential that if a course is designated as a particular colour then it must be of the appropriate length and technical difficulty. In those areas which only provide orienteering of a lower than ideal technical

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difficulty for the Green courses and above, courses up to and including Light Green must be planned to the correct absolute standard.

At smaller events it is likely that White, Yellow, Orange, Light Green, Green, Blue and Brown courses will provide a range of courses suitable for most abilities. At larger events a wider range of courses will be required. Three possible ranges of courses are given in the following Tables. These are just examples and clubs are free to offer whatever courses they see fit based on their experience of the likely number of competitors. If possible, a string course should also be offered.

Planners should note that it may not be possible to provide certain colour courses on some areas. For example, a technically difficult area with few or no paths may not allow a White course. Similarly it is difficult to plan a course of Brown or Black length on a relatively small area without undue repetition. However, such an area may be eminently suitable for a Middle Distance race provided it meets the technical difficulty criterion.

There should be an opportunity for competitors on the White and Yellow courses to inspect their courses (and even discuss them with their parents, coaches, teachers, etc as well as any adults nominated by the host club) before they start. This could be achieved by making these courses available in the start lane or in the pre-start area. See Rule 8.2.4.

**Technical Difficulty:** The definitions of the levels of Technical Difficulty, as used in the following large-sized, medium-sized and small-sized Long Distance Cross Country Event Course Tables, are explained in 'Appendix B: Course Planning'. Adhering to them is essential in ensuring that standards are comparable across all Regional (Level 2) and Local (Level 3) events, and between these and National (Level 1) courses.

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### Suggested courses for a large-sized Long Distance Cross Country Event

Colour	Course length ratio M21L=1.00	Min max length (km)	Technical difficulty	Men Classes	Women Classes	Men Short and B Classes	Women Short and B Classes
Black	1.00	10.0 14.0	5	M21			
Brown	0.85	8.0 12.0	5	M35 M40			
Short Brown1	0.69	7.0 10.0	5	M18 M20	W21	M21S	
Short Brown2	0.69	7.0 10.0	5	M45 M50			
Blue 1	0.56	5.5 7.5	5		W35 W40	M35S M40S	
Blue 2	0.56	5.5 7.5	5	M16 M55 M60			
Short Blue 1	0.45	4.5 6.5	5		W18 W20	M18S M20S	W21S
Short Blue2	0.45	4.5 6.5	5	M65	W45 W50	M45S M50S	
Green	0.39	3.5 5.0	5	M70	W16 W55 W60	M55S M60S	W35S W40S
Short Green	0.33	3.0 4.0	5	M75 M80 M85	W65 W70	M65S	W45S W50S W18S W20S
Very Short Green	0.28	2.5 3.5	5		W75 W80 W85	M70S M75S M80S	W55S W60S W65S W70S
Long Orange	0.50	5.0 7.0	3			M21N	
Light Green	0.30	3.0 4.0	4	M14	W14	M16B	W16B
Orange	0.25	2.5 3.5	3	M12	W12	M14B	W14B W21N
Yellow	0.22	2.0 2.9	2	M10	W10	M12B	W12B
White	0.14	1.0 1.9	1			M10B	W10B

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### Suggested courses for a medium-sized Long Distance Cross Country Event

Colour	Course length ratio M21L=1.00	Min-max length (km)	Technical Difficulty	Men Classes	Women Classes	Men Short and B Classes	Women Short and B Classes
Black	1.00	10.0 14.0	5	M21			
Brown	0.85	8.0 12.0	5	M35 M40			
Short Brown	0.69	7.0 10.0	5	M18 M20 M45 M50	W21	M21S	
Blue	0.56	5.5 7.5	5	M16 M55 M60	W18 W20 W35 W40	M35S M40S	
Short Blue	0.45	4.5 6.5	5	M65	W45 W50	M45S M50S M18S M20S	W21S
Green	0.39	3.5 5.0	5	M70	W16 W55 W60	M55S	W35S W40S
Short Green	0.33	3.0 4.0	5	M75 M80 M85	W65 W70	M60S M65S	W45S W18S W20S
Very Short Green	0.28	2.5 3.5	5		W75 W80 W85	M70S M75S	W50S W55S W60S W65S W70S
Light Green	0.30	3.0 4.0	4	M14	W14	M16B	W16B
Long Orange	0.50	5.0 7.0	3			M21N	
Orange	0.25	2.5 3.5	3	M12	W12	M14B	W14B W21N
Yellow	0.22	2.0 2.9	2	M10	W10	M12B	W12B
White	0.14	1.0 1.9	1			M10B	W10B

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### Suggested courses for a small Long Distance Cross Country Event

Colour	Course length ratio M21L=1.00	Min-max length (km)	Technical Difficulty	Men Classes	Women Classes	Men Short and B Classes	Women Short and B Classes
<b>Brown</b>	<b>0.85</b>	<b>8.0 12.0</b>	<b>5</b>	M18 M20 M21 M35 M40 M45	W21		
<b>Blue</b>	<b>0.56</b>	<b>5.5 7.5</b>	<b>5</b>	M16 M50 M55 M60	W18 W20 W35 W40 W45	M21S M35S M40S M45S M18S M20S	W21S
<b>Green</b>	<b>0.39</b>	<b>3.5 5.0</b>	<b>5</b>	M65 M70 M75 M80 M85	W16 W50 W55 W60 W65 W70 W75 W80 W85	M50S M55S M60S	W35S W40S W45S W18S W20S
<b>Light Green</b>	<b>0.30</b>	<b>3.0 4.0</b>	<b>4</b>	M14	W14	M16B	W16B
<b>Orange</b>	<b>0.25</b>	<b>2.5 3.5</b>	<b>3</b>	M12	W12	M14B	W14B
<b>Yellow</b>	<b>0.22</b>	<b>2.0 2.9</b>	<b>2</b>	M10	W10	M12B	W12B
<b>White</b>	<b>0.14</b>	<b>1.0 1.9</b>	<b>1</b>			M10B	W10B

Notes: (a) The Black course, if planned, would equate to the M21L course at an old style Regional Event, with an expected elite winning time of 67 minutes. All other course lengths should be scaled to the length required for this course, which has been allocated a course length ratio of 1.00.

Where no Black course is planned, it is still necessary to determine the length of a nominal Black course with an elite

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winning time of 67 minutes in order to use the ratios for the other courses. In this instance the winning time on the Brown course by a top standard elite competitor should be 57 minutes.

(b) Planners should note that course length ratios refer to course lengths which are “corrected” for height climb (by adding 0.1 km for every 10m of climb).

(c) For the courses of Technical Difficulty 1, 2 and 3 it is more important that the course is of the correct TD than of the correct length. It will often be the case that the nature of the terrain forces the course length away from the precise course length ratio given above.

(d) The lengths shown are intended as a guide. For easy areas the course lengths will be towards the top end of the range. For difficult or more physical areas the course lengths will be towards the bottom end of the range.

**Course on Map:** Courses should be marked on the map in accordance with Rules 5.2 (course markings), 5.4 (master maps), 6.2.3 and 6.2.4 (proximity of controls); and Appendix B parts 3.1.1 to 3.1.1 (course drawing), 3.1.15 (map cases), 3.2 (map corrections), 3.3 (start position) and 3.4 (control site layout).

If pre-marked maps are not being used, competitors may be allowed to copy their courses from master maps either before or after the timed start (Rule 5.4.1).

**Control Descriptions:** See Rule 6.1.2 and 6.1.3 (course length and climb), 6.6.2 (issue to competitors) and Appendix A (layout of description sheet and symbols to be used).

Control Descriptions may be written or pictorial. If all control descriptions at an event are to be pictorial then this shall be stated in the event publicity and in the Final Details. They shall be produced in accordance with Rule 6.6 and Appendix A. Course distance and climb shall be calculated according to Rules 6.1.2 and 6.1.3.

### 4. Further Information

**Other Information:** Appendices B (Course planning), E (Event Safety), G (Juries, Protests and Appeals) and I (Electronic Punching).

**Further Advice:** If you cannot find the answer to a question within the published Rules, Appendices and Event Guidelines then please contact your Association’s representative on Rules Group or, failing

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that, the Chairman of Rules Group via the British Orienteering National Office.

### Summary of suggested courses for large/medium/small-sized Events

Colour	Course length ratio M21L=1.00	Min max length (km)	Technical difficulty	Large-sized event	Medium-sized event	Small-sized event
Black	1.00	10.0 14.0	5			
Brown	0.85	8.0 12.0	5			
Short Brown1	0.69	7.0 10.0	5			
Short Brown2	0.69	7.0 10.0	5			
Blue 1	0.56	5.5 7.5	5			
Blue 2	0.56	5.5 7.5	5			
Short Blue 1	0.45	4.5 6.5	5			
Short Blue2	0.45	4.5 6.5	5			
Green	0.39	3.5 5.0	5			
Short Green	0.33	3.0 4.0	5			
Very Short Green	0.28	2.5 3.5	5			
Long Orange	0.50	5.0 7.0	3			
Light Green	0.30	3.0 4.0	4			
Orange	0.25	2.5 3.5	3			
Yellow	0.22	2.0 2.9	2			
White	0.14	1.0 1.9	1			