

Competition Rules C: British Sprint Distance Orienteering Championships

Text in bold below has mandatory status and shall be followed by event officials. Other content refers to material provided for guidance and for information. These Rules shall be read in conjunction with the BOF Rules and have the same authority. They shall be considered as their extension. Where these Rules vary or supplement BOF Rules, then these Competition Rules shall take precedence.

1. General Information

1.1 Level

1.1.1 The British Sprint Orienteering Championships is a Level A event.

1.2 Purpose

1.2.1 To find the British Sprint Distance Orienteering Champion in each age class from M/W 10 to M/W 16 and M/W Open to M/W 85.

1.2.2 To provide a high standard of competition for all members of British Orienteering through a high quality event.

1.2.3 There are no separate Championships for M/W 18 or M/W 20 as these classes compete in the Men's or Women's Open classes.

1.2.4 For the Open classes, the event is intended to provide an equivalent type of competition to that held at the World Orienteering Championships.

1.3 Nature of Event

1.3.1 Single-day Sprint Distance competition held in daylight. The competition shall consist of two phases: Race 1 (usually held in the morning) and Race 2 (usually held in the afternoon). Race 1 takes the form of Qualification heats used to determine the Race 2 Finals and their start order.

1.3.2 The event should normally be held in late spring or early summer in order to fit in with the overall Elite orienteering schedule. The event may be staged on the same weekend as the British Middle Distance Orienteering Championships.

1.3.3 The event may be designated as a World Ranking Event (WRE) by the IOF in conjunction with the Elite Competitions Group. If this is the case IOF Rules will apply, but only to the two Open classes. The IOF Rules are to be found on the IOF website at www.orienteering.org.

1.4 Who May Compete

1.4.1 The event is open to National Members of the British Orienteering Federation and to members of overseas IOF affiliated Federations.

1.4.2 Competitors are eligible to be British Championships medallists provided that on the day of the competition they are both a National Member of British

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Orienteering and a British Citizen. This must be declared at the time of entry to the competition.

1.4.3 For the two Open classes, the 18, 20 and 21 competitors are treated as one age class for Men and one for Women.

1.5 Responsibility

1.5.1 The British Sprint Orienteering Championships are organised by Constituent Associations or by Clubs on behalf of British Orienteering. Financial responsibility is divided between British Orienteering and the organising Association or Club on a two thirds: one third basis.

1.5.2 The Event Organiser will be required to make regular reports on the progress of the event to their Association and to the Major Events Group. The Major Events Group will report to Events Committee if at any stage it feels the event is at risk.

1.6 Officials

1.6.1 Controller: Grade A controller appointed by the Major Events Group.

1.6.2 If the event is a WRE, a separate IOF Licensed Adviser will be appointed. They should normally be a different person from the British Orienteering controller, even if they are qualified for this role.

1.6.3 If the event is not a WRE an Elite Adviser for the event will be appointed by Major Events Group.

1.6.4 Safety Officer appointed. First Aid provision to be covered within the Partnership Agreement.

1.6.5 Map Adviser: appointed by Map Group

1.6.6 The Planner and Controller should have experience of Sprint orienteering and be approved by the Major Events Group.

1.7 Timescale

1.7.1 This is intended to give guidance only and is not an all-embracing list:

27 months Area selected, officials agreed, timescales agreed. Map adviser appointed.

14 months Survey underway to ensure correct seasonal representation.

12 months Survey complete and draft colour map available for planning (new maps).

9 months Survey complete and draft colour map available for planning (updated maps).

8 weeks Planning completed.

4 weeks Controlling of courses completed. Map files and course overprints sent to printer.

2 weeks Overprinted maps available.

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EVENT Results displayed on the day and on the internet with a link from the British Orienteering web site by the evening. Preliminary results submitted to the ranking list.

2. Map and Terrain

2.1 Quality of Terrain

2.1.1 The terrain for the British Sprint Orienteering Championships should be predominantly very runnable park or urban, or a combination of these. Some fast runnable forest may be included. The terrain must be sufficiently complex to allow courses to be set which force competitors to make frequent rapid decisions and to concentrate throughout the race. Environments that cannot provide this challenge are not appropriate for the two Sprint races concerned. Areas so complex that it is doubtful whether a competitor can interpret the map at high speed should be avoided.

2.1.2 Safety and fairness must be prime considerations, particularly with regard to road traffic. The risk of accidents involving traffic should be reduced either by closing roads to traffic or by selecting enclosed areas such as parks or university campuses where there is no traffic or where occasional low speed traffic can be safely controlled.

2.1.3 The Grade A controller appointed by Major Events Group shall be responsible for assessing the suitability of the venue before the event is confirmed in the Fixtures List. The controller's report should confirm that the requirements listed below are met, and should be sent to the Major Events Group.

2.1.4 As a guide, each area should meet the following requirements:

(a) The area should allow a Men's Open course with a winning time of 12 - 15 minutes without undue repetition within each race or across the two races.

(b) Quality of Terrain criteria as specified above.

2.2 Embargo

2.2.1 The competition terrain is embargoed as soon as its location is published. The terrain shall not have been used for orienteering for a minimum period of 24 months before the date of the Championships.

2.3 Map

2.3.1 The map shall be drawn to the current IOF Specification for Sprint Orienteering Maps (ISSOM) with a scale of either 1:5,000 or 1:4,000, and a contour interval of either 2.0m or 2.5m. See Appendix H (Mapping).

2.3.2 In terrain with exceptionally fine detail, scales of 1:4,000 or 1:3,000 may be used for older classes after consultation with Major Events Group. In these circumstances a direct enlargement should be done of all aspects of the map

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2.4 Map Printing

2.4.1 All maps shall be offset litho printed unless agreed otherwise with Map Group.

2.4.2 The map shall be printed by an approved printer.

2.4.3 The British Orienteering map template shall be used.

3. Event Organisation

3.1 Organisation

3.1.1 The organisation should be sufficient to cope with the number of competitors expected to attend the event. Particular care is needed in finding a suitable car park and assembly area. The British Sprint Orienteering Championships should provide the following facilities:

- An event web site for information, start lists, results, publication of previous maps and on-line entry and payment
- entry closing date as close as possible to, and certainly no more than 28 days before, the date of competition
- start list at assembly area and at pre-start
- numbered bibs for the Open (and preferably all) classes
- control description issue in the start lanes
- where an area has been used for an earlier event, unmarked maps on display in the assembly area (these may be of a map used for an earlier event)
- same control site format at each control, with sample on display at the pre-start
- frequently updated results display
- radio control sites for the major courses
- public address system for commentary.
- a dignified and prestigious ceremony to present the prizes to at least the winners of all classes.

3.2 Start Times

3.2.1 Start time allocation and seeding shall follow the rules in this document and be the responsibility of the organiser.

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3.2.2 Seeding for the Open classes shall follow the guidance produced by the Elite Competitions Group.

3.2.3 The start interval for all Sprint distance heats and finals shall be one minute.

3.2.4 Published start times for those running in the Open classes should only be changed under exceptional circumstances.

3.3 Trophies and Medals

3.3.1 Medals: British Championship medals shall be awarded to the first, second and third placed competitors in each non-Open age class. Competitors are only eligible for medals in the age class they have entered and if they satisfy the Eligibility Rule in 1.4.2.

3.3.2 Open Trophies and Medals: The format of the event is such that it produces just one Man and one Woman as the overall British Champions. The winners shall be awarded the British Sprint Orienteering Championship trophies, and British Championship medals shall be awarded to the first, second and third placed competitors in each of the Open Men's and Women's classes.

3.3.3 Non British Citizens are not eligible for medals or trophies and shall not form part of the prizegiving even if their result places them in the top three. However they may be given a memento or small token of recognition at the discretion of the Event Organiser.

3.4 Badge Calculations

3.4.1 Badge times shall be calculated for the A finals only as described in Appendix J (The Badge Scheme), and included in the published results.

3.5 Ranking Scheme

3.5.1 Preliminary results shall be submitted as soon as possible after (ideally on the day of) the event. Final results should be submitted within one week of the event. See Appendix K (The Ranking Scheme) for details of how to do this.

3.5.2 For ranking purposes the heats and finals should be considered as separate events.

3.5.3 For a World Ranking Event results for the Men's Open and Women's Open A Finals must also be submitted separately to the IOF. Note that all runners in the two Open classes shall be entered for World Rankings points, irrespective of their actual age classes. Full details can be found on the World Ranking page of the IOF web site. As these results must include IOF runner ID information, it is important that all Open class runners are asked for their IOF IDs beforehand, perhaps via the entry process.

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3.6 Programme on the day

3.6.1 All Qualification heats should be run concurrently

3.6.2 A gap of at least one hour between the last finisher in the heats and the first starter in the corresponding Final is needed in order to draw up the start lists for the Finals, settle any issues resulting from the Qualification heats and make any logistical changes necessary.

3.6.3 Where a Final contains several age classes competitors shall start by age class so that, for example, the M35 and M40 A Finalists start in separate blocks. The effect of this is that the leading runners in the different age classes will finish over a wide time period thus maximizing spectator interest.

3.6.4 All B, C etc Finals should be started at the earliest opportunity and can run concurrently with the other finals.

4. Event Format

4.1 Overall

4.1.1 The competition shall consist of two phases, the Qualification Race and the Final. Both phases shall be held on the same day.

4.1.2 The Qualification Race will be used to decide who competes in each A Final. Those not qualifying for the A Final in their class will be allocated to a B Final, C Final, etc. so that all competitors are able to take part in two races.

4.1.3 The two Open A Finals should be held before all other finals to allow other competitors to spectate before they run themselves. In order to achieve this, and also retain a 1 hour gap between the two phases, Competitors in the Qualification races for the Open classes should start at the beginning of the start window for their courses.

4.2 Qualification Race

4.2.1 The Qualification phase for each age class shall consist of a number of parallel heats, each running a similar but different course.

4.2.2 The courses hosting the Men's and Women's Open classes should contain no more than 75 competitors. Other courses should contain no more than 60 competitors. These conditions then determine how many parallel courses are to be provided for each heat.

4.2.3 For a particular age class each heat shall, as far as possible, be equal in the number and quality of the runners. The Rankings scheme shall be used to achieve this, except for the junior age classes where the Junior Competitions Group will provide a seeded list. No age class heat shall contain fewer than 6 entrants unless there are fewer than 6 entrants in total for that age class. For age classes with lower numbers of entrants only a subset of the available parallel heats should be used. Thus if

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there are less than 12 entrants in a particular class then they shall all run the same heat. If there are between 12 and 18 entrants then they shall be split equally between two heats.

4.2.4 To increase spectator interest the organiser may wish to have runners starting in the reverse order of their ranking positions so that the best ranked in each heat starts last. The organiser may also wish to have a system in which individual competitors only know which of the parallel heat courses they are running once they enter the start system.

4.3 The A Final

4.3.1 The best competitors from each qualification race heat qualify for the A-final of their class. The next best competitors from each qualification race heat qualify for the B-final and so on.

4.3.2 If there are 36 or more entrants in a class, the number of qualifiers from each heat to the A-final shall be equal and shall be calculated so that the total number of qualifiers is 18, or the lowest possible number above 18 (it would be 20 if the need exists to have 4 or 5 heats instead of 3)

4.3.3 If there are from 6 to 35 entrants, the number of qualifiers from each heat to the A-final shall be equal. They shall be split as equally as possible between an A-final and a B-final, with the A-final having at least half the total number of entrants.

4.3.4 If there are fewer than 6 entrants, then all who successfully complete the qualification race shall compete in the A-final. Those who do not successfully complete the qualification race (for example do not start or mispunch) may compete as a first starter in the A final. They shall not be placed in the Championships results however (although will be eligible for Ranking points).

4.3.5 If two or more competitors tie for a place in a final, all of them shall qualify for that final. This will have the effect of reducing the number of qualifiers from that heat in the next ranked Final down.

4.3.6 An entrant is defined as any competitor who appears on the entry list as published at a pre-announced time, usually the final closing date for entries.

4.3.7 The starting order of the A Final shall be the reverse of the positions in the heats so that the best competitors start last. Competitors with the same position in the different parallel heats shall start in the sequence of the number of their heat, i.e. third place in heat one starts before third place in heat 2, etc. Ties in a heat shall be decided by drawing lots, e.g. if two competitors tie for 4th place in heat 1, a coin could be tossed to determine who has position 4 and who has position 5 in heat 1 for the purposes of this rule.

4.4 B, C, etc Finals

4.4.1 There shall be a B Final, C Final, etc. sufficient to provide each competitor with a second run, including those who retired or were disqualified in their heats.

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4.4.2 The maximum number of runners in the B Final, C Final, etc. shall be determined by the Event Organiser. It is suggested that no Final should have more than 75 runners in total.

4.4.3 Each B Final should have a course length approximately 90% of that of the equivalent A Final. C Finals should be approximately 90% of the length of the B Final, etc. It may not be feasible or sensible to plan a separate M/W10 B final and so the same course can be used for both A and B finals. Runners on the B final shall start first and shall not be eligible for medals even if they beat the A final runners.

4.4.4 Competitors who did not successfully complete their qualification heat (for example did not start or mispunched) shall start first in the lowest ranked final for their age class. They shall not be placed in the Championships results however (although will be eligible for Ranking points).

4.4.5 The process for determining the starting order for each Final shall be the same as that used for the A Final.

4.5 Example

4.5.1 Suppose heat 1 (Men's Open/M16/M35/M40) attracts an entry of 154 competitors (73 + 35 + 21 + 28 for example); and there are three parallel heats in the Qualifying Races (see 4.2.2).

4.5.2 The runners in each age class will be split as follows: Open 24:24:25; M16 11:12:12; M35 7:7:7; M40 9:9:10. Whilst maintaining this split the runners will be allocated as to even out the numbers in each heat as much as possible. In the above example then it could be that Heat1A has 52 runners (24+12+7+9), Heat1B has 53 runners (24+12+7+10) and Heat1C 52 runners (25+11+7+9). The BOF rankings are used to balance the strength of runners in each age class (see 4.2.3).

4.5.3 Qualifiers for the A Final will be the first 6 Open runners from each heat (see 4.3.2) along with the first 6 M16s, the first 4 M35s and the first 5 M40s (see 4.3.3).

4.5.4 If there were a tie for the 6th place in Heat1B in the Open class then both competitors would go through to the A Final, which would therefore contain nineteen Men's Open runners (see 4.3.5).

5. Course Planning

5.1.1 The five courses as laid out in the table below should be suitable for an entry of about 700 competitors with each course having three parallel heats. An appropriate timing scheme for the above scenario is also given.

Course	CLR	TD	Men	Women
1	1.00	3	Open M16 M35 M40	
2	0.85	3	M45 M50	Open W16 W35

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3	0.75	3	M14 M55 M60	W40 W45 W50
4	0.60	3	M12 M65+	W12 W14 W55+
5	0.50	2	M10	W10

Heats					Finals									
11:00	11:15	11:30	11:45	12:00	12:15	12:30	13:00	13:15	13:30	13:45	14:00	14:15	14:30	14:45
M Open		M16/35/40					M Open		M16/35/40 Finals M Open B/C/D Finals					
W Open		W16/35 M45/50					W Open		M45/50 W16/35 Finals W Open B/C Finals					
		M14/55/60 W40/45/50							M14/55/60 W40/45/50 Finals					
		M12/65+ W12/14/55+							M12/65+ W12/14/55+ Finals					
		M/W10							M/W10 Finals					

5.2 Notes

5.2.1 **Course 1 shall be planned to provide winning times in the range 12-15 minutes for a top M 21.** All other course lengths should be scaled to the length required for course 1, which has been allocated a course length ratio of 1.00. This should ensure winning times for other courses are close to the range 12-15 minutes.

5.2.2 Because the terrain will often be of an urban nature, great care is needed in planning of courses for the youngest junior competitors. It is envisaged that most areas will have a suitable piece of completely traffic-free terrain where it is possible to plan Course 5.

5.2.3 This table is recommended for an entry of 700 when up to 60 competitors on each qualification course can be expected. If the entry is higher or irregularly distributed then splitting of heats should be considered.

5.2.4 No table is provided for the Finals courses as their structure depends very much on the number of entries.

5.3 Planning considerations

5.3.1 There should be an emphasis on very high speed running over a relatively short distance. The Sprint discipline should test the athletes' ability to read and translate the map in complex environments, and to plan and execute route choices whilst running at high speed.

5.3.2 Courses should be planned so that the element of speed is maintained throughout the race. The courses may require climbing but steepness forcing competitors to walk should be avoided. Finding the controls should not be the challenge; rather the ability to

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choose and complete the best route to them. For example, the most obvious way out of a control should not necessarily be the most favourable one.

5.3.3 Courses should be set to require the athletes' full concentration throughout the race. An environment that cannot provide this challenge is not appropriate for the sprint. The nature of the terrain means that the courses should only be of technical difficulty 3, but the high rate of decision making of the event adds extra pressures which compensate for the lack of technical challenge.

5.3.4 Courses should be planned such that the possibility of the runners being influenced by spectators, dogs, general public, traffic, etc is minimised.

5.3.5 Particular attention needs to be given to courses planned for competitors under 16 years of age. In the eyes of the law, the Organiser is acting in loco parentis for children under the age of 16 and must be seen to take precautions over and above what a careful parent would take for the safety of their children. In practice this will mean that courses for M/W16 and below will not be able to cross roads with significant traffic. Roads with traffic management that induce low speeds (15mph as on many campuses) are acceptable but busy public roads are not. It should be noted that disclaimers, signed by parents, are ineffective and would not absolve the Organiser of his/her responsibility in law.

6. Further Information

6.1 Other Information

6.1.1 Appendices B (Course Planning), E (Event Safety), and G (Protests, Juries and Appeals) along with the generic Sprint Race Guideline D.

6.1.2 If you cannot find the answer to a question within the published Rules, Appendices and Guidelines then please contact the Chairman of Rules Group via British Orienteering National Office.