

"Orienteering is a challenging outdoor adventure sport enjoyed by people of all ages, abilities and backgrounds."



Guidance and recommendations for Sprints

Controller's point of view

David May

Sprint CV

"Orienteering is a challenging outdoor adventure sport enjoyed by people of all ages, abilities and backgrounds."



- In at start of IOF development of Sprint
- Planned JK Sprint 2008
- IOF SEA for
 - WMOC 2008 (Sprint in programme for first time)
 - WMOC 2012
 - WMOC 2013
 - WMOC 2014 (as assistant SEA)
- Author of various BOF/IOF Sprint documents
- Controlled British Sprints 2015

Agenda

"Orienteering is a challenging outdoor adventure sport enjoyed by people of all ages, abilities and backgrounds."



- Terrain quality
- Terrain safety
- Out of bounds issues
- Planning for quality
- Logistics
- British Sprints 2015 post mortem

Terrain Selection

"Orienteering is a challenging outdoor adventure sport enjoyed by people of all ages, abilities and backgrounds."



- “Predominantly park or urban maybe with some (fast runnable) forest”
- “Controls are technically easy but **route choice is difficult requiring high concentration**”
 - Lots of decision points needed

Terrain Example



British Sprint Champs 2008

Classic campus terrain

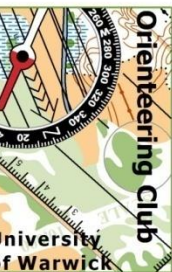
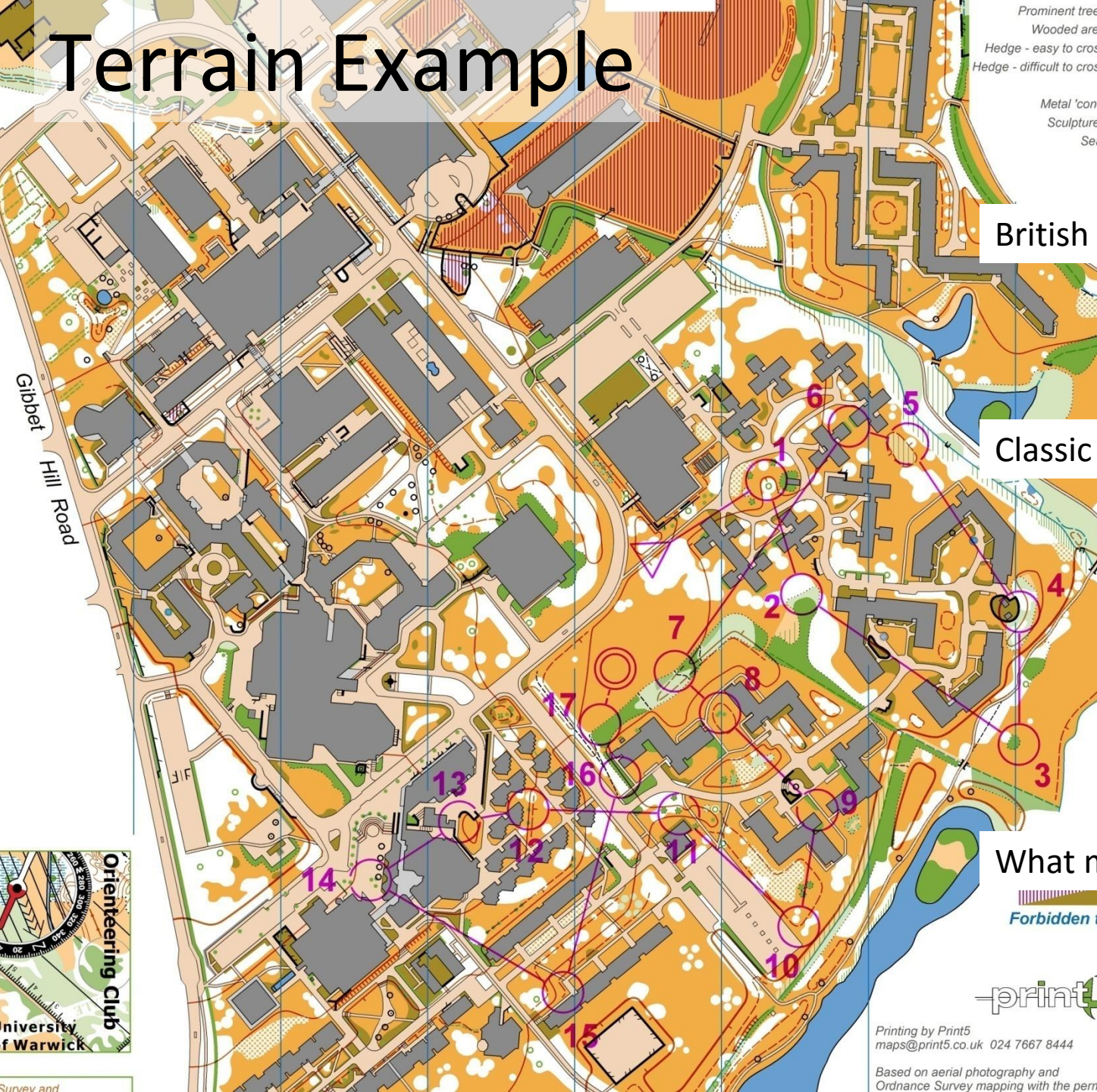
What makes it good?

Forbidden to

print5

Printing by Print5
maps@print5.co.uk 024 7667 8444

Based on aerial photography and
Ordnance Survey mapping with the permi.



Judging Terrain

"Orienteering is a challenging outdoor adventure sport enjoyed by people of all ages, abilities and backgrounds."

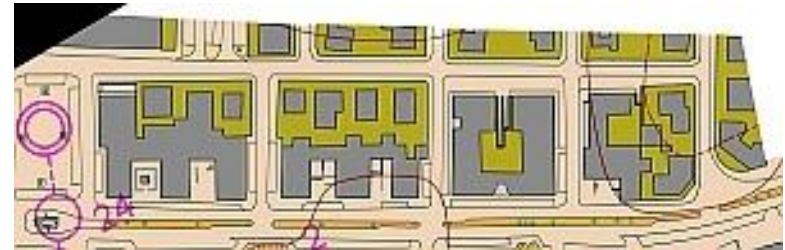


Concept of “granularity”

or fineness of detail

Example of large granularity:

Only simple route choices possible



Example of small granularity:

Frequent direction changes now possible

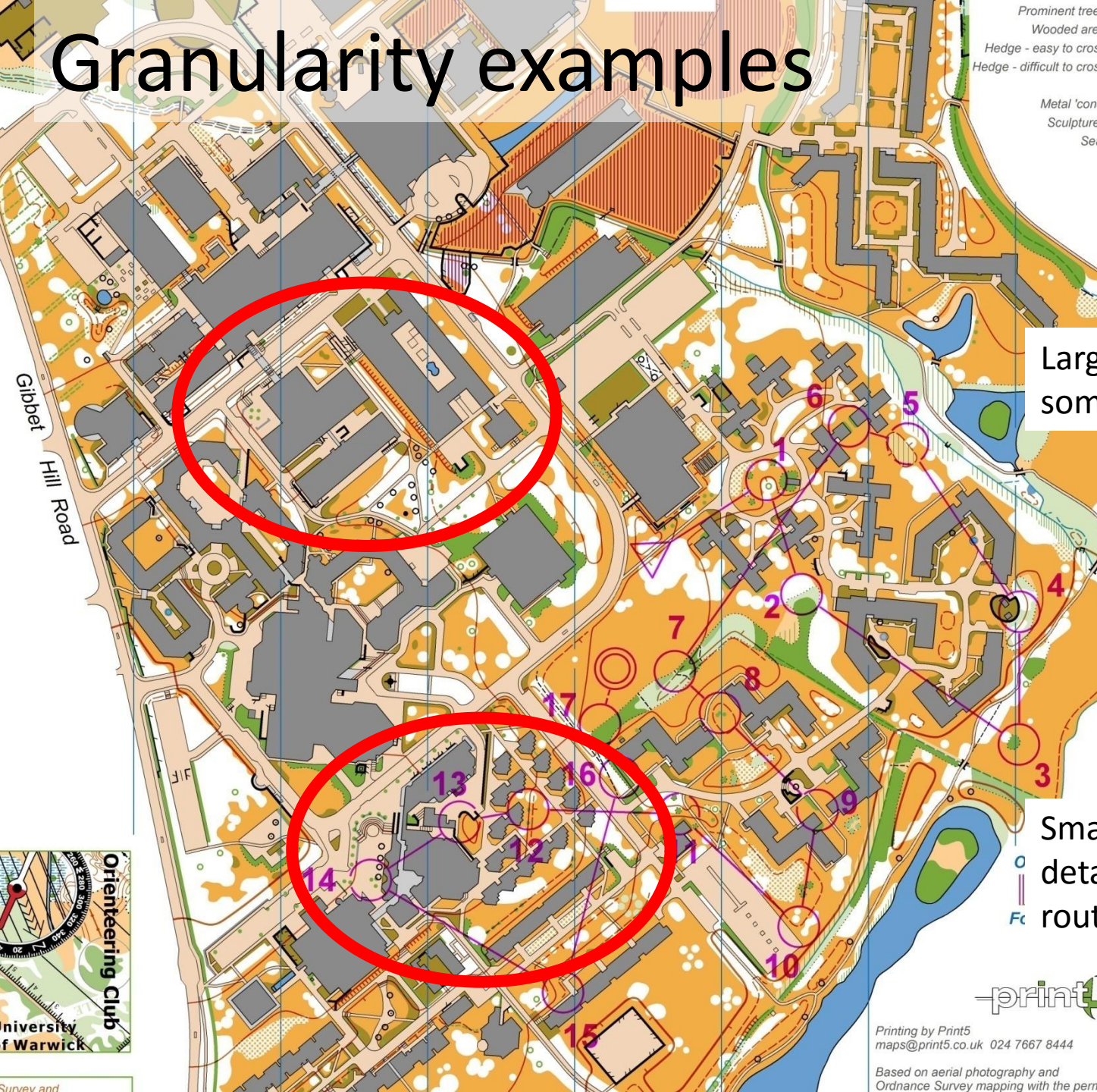


Granularity examples

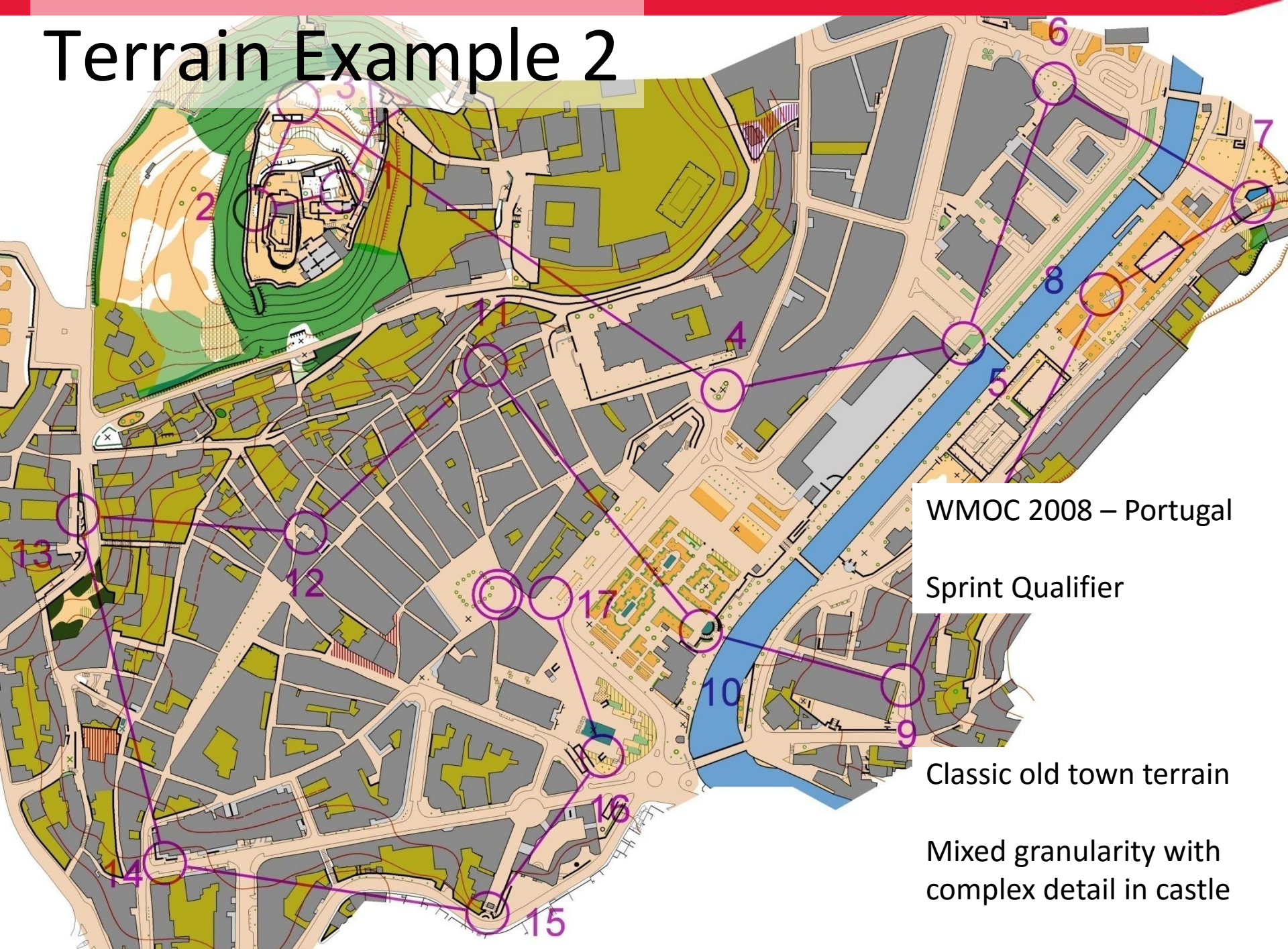


Large granularity – still some interest however

Small granularity – lots of detail provides many good route choices



Terrain Example 2



WMOC 2008 – Portugal

Sprint Qualifier

Classic old town terrain

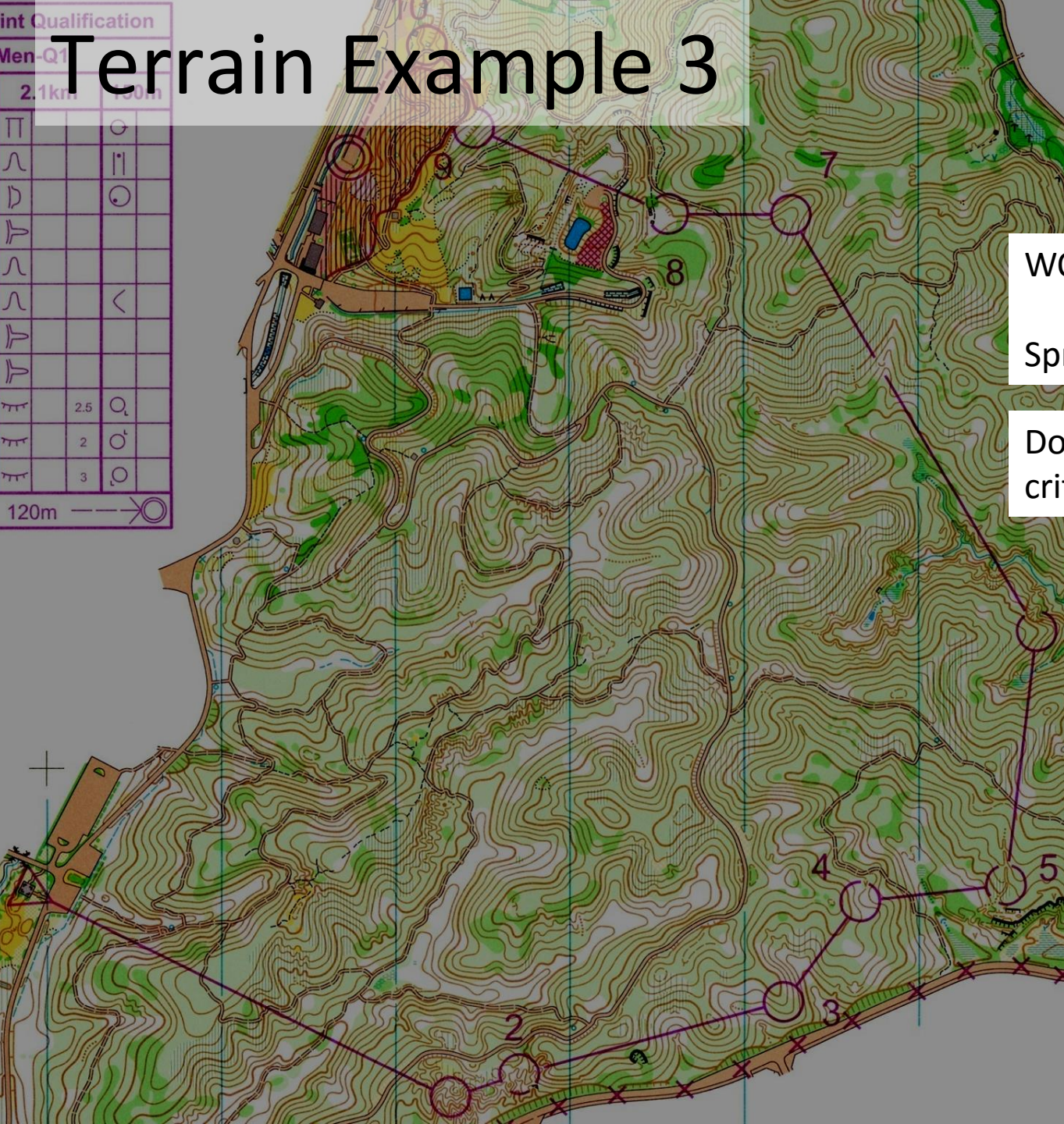
Mixed granularity with
complex detail in castle

int Qualification
Men-Q1
2.1km 150m

Π	○
Λ	
∩	○
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2.5	Q
2	○
3	○

120m

Terrain Example 3



WOC 2005 – Japan

Sprint Qualification race

Does not meet terrain
criteria at all!

Terrain selection for 2015

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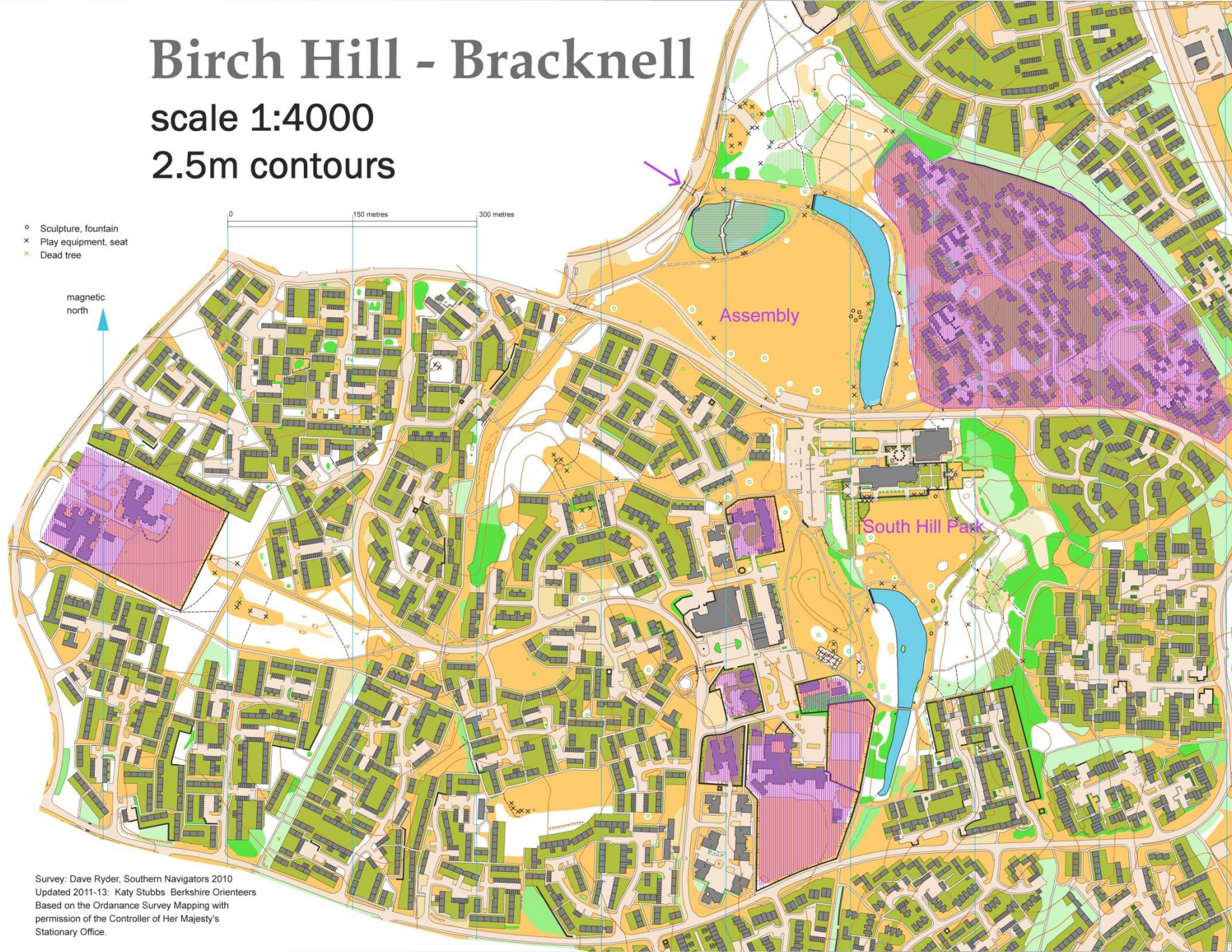
Two SCOA Bids for British Sprints 2015

- Bracknell
- Aldershot
- Assessment needed ...
 - Luckily, both had ISSOM maps

Birch Hill - Bracknell

scale 1:4000

2.5m contours





Grid Ref
Main Grid 7413 1971

The verdict

"Orienteering is a challenging outdoor adventure sport enjoyed by people of all ages, abilities and backgrounds."



Recommendation

“That Bracknell be awarded the British Sprint Championships for 2015 and that the Army be congratulated on their excellent bid, which would have made a very good Championships had there been no rival venue”

ECC

Bracknell car park is about 2 km away and that this affects “the whole competitor experience”.

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Terrain Safety

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Are there

- Traffic issues?
- Steep drops?
- Potential collision points?
 - Narrow passageways
 - Blind corners
- Water hazards (e.g. docksides)?
- Need for Safety Officer input

Minimising danger

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Collisions with other competitors/public

- Competitor flow the same on all courses
- Avoid very narrow passages etc
- Avoid controls at end of narrow dead ends
- Keep competitors away from busy places e.g. markets
- Warn competitors beforehand if there is a risk
- Spread out start times – compromise needed

Minimising danger

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Steep drops/cliffs/etc

- Plan courses away from hazards
- Mark hazards with yellow or yellow/black tape
- Ensure hazards are clearly shown on the map
- Safer to plan courses **up** steep slopes rather than down
- Warn competitors beforehand if there is a risk

WMOC 2013 experience

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Many steep walls in Sestriere,
mapped as shown.

Competitors shown map and
Photo in final Bulletin

Impassability stressed







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Out of bounds issues

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Two main problems:-

- Impassable barriers
- Olive green areas

Impassable barriers

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- Wall
- Hedge
- Fence



Clear enough here, so why
do runners transgress so often?

Runners transgress because

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- Poor map print quality
- Don't know the symbols
- Don't know where they are
- Fences/walls are often low
- Hedges have gaps in them
- Think they can get away with it!
 - AKA cheating!



Competitor education

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Unfamiliarity with ISSOM ... still

Final details:-

- Emphasise what “impassable” means and how shown on the Sprint map

- Emphasise penalty is disqualification

Symbol	Colour	Meaning
	Black	Passable fence
	Black	Impassable fence
	Grey	Passable wall
	Black	Impassable wall
	Medium grey	Building – not to be entered
	Light grey	Canopy – may be passed under
	Black	Steps of a stairway

Symbol	Colour	Meaning
	Green/black	Impassable vegetation – not to be crossed
	Green/yellow	Forbidden access (as for “forest maps”)
	Green	Large tree (more than 0.5 m diameter)
	Green	Small tree (less than 0.5 m diameter) or bush

Measures needed

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Target: **minimise** runner disqualification

- Make map as unambiguous as possible
 - Offset printing still gives best resolution
 - Consider using green/black instead of narrow olive-green
- Make terrain as unambiguous as possible
 - If passability of an impassable barrier is in any doubt on the ground, tape it!
 - Or use plastic fencing for long stretches
- Marshals should have a prophylactic role
 - Advise runners not to go OOB but to record them if they do

Marshals and bibs

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When runners do transgress, despite organiser's best intentions ... must disqualify!

Marshals need then to

- Note competitor numbers
 - NB need bibs front and back
- Take photos/video for back-up proof
- Get info back to results team asap







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Planning for Quality

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The key concept here is that of ROUTE CHOICE

IOF/BOF Rules state:-

- “Controls are technically easy but **route choice is difficult requiring high concentration**”
- Route choice is the key to good Sprint courses
 - Ideally, every leg should have challenging route choice
- Course lengths must be right too

Planning for Quality

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Guidance available on planning good courses

- “Course Planning Guide for World Class Events”
 - Göran Andersson – see IOF website

Getting correct course lengths

- Use IOF and not BOF course length measurement method

Guidelines for Course Planning



World Class Events

First version, January 2014
Foot Orienteering Commission - Göran Andersson

Contributions by David May, Radek Novotny, Björn Persson,
Helena Jansson and Thierry Gueorgiou

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Logistics

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As per any other major event but “with knobs on”!

- Two races in one day
 - Start lists for Finals need to be produced in a narrow window
- Complex Start arrangements
 - Secret heats
- OOB taping etc
- Additional fencing to increase route choice

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- **British Sprints 2015 post mortem**

Post event analysis

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- British Sprints fits uncomfortably within some of current Rules and Guidelines
- Some Rule deviations were agreed in advance
- 11 page report on recommendations etc

Proposed Rule changes - Complaints

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Old 16.2

The complaint must be made to the Organiser either orally or in writing and must be made on the day that the alleged contravention occurred.

New 16.2

The complaint must be made to the Organiser either orally or in writing and must be made on the day that the alleged contravention occurred. **The Organiser may set a time limit for complaints. Complaints received after this time limit will only be considered if there are valid exceptional circumstances which must be explained in the complaint.**

Reasons

- In line with IOF
- F start lists drawn up in limited time + little time between F and prize giving
- Final details: *"The complaint should be made as soon as possible and by 12:30 at the latest for Heats and 15:30 at the latest for the Finals."*

Proposed Rule changes - Protests

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Old 16.4

A 'protest' may be made against the decision made by the Organiser with regard to a complaint, or if the Organiser fails to address the complaint in a timely manner. A protest must be made to the Controller/organising body, in writing, as soon as possible.

New 16.4

A 'protest' may be made against the decision made by the Organiser with regard to a complaint, or if the Organiser fails to address the complaint in a timely manner. A protest must be made to the Controller/organising body, in writing, as soon as possible. **The Organiser may set a time limit for protests. Protests received after this time limit will only be considered if there are valid exceptional circumstances which must be explained in the complaint**

Final details: *"a Protest can be made against the organiser's decision no later than 15 minutes after that decision has been given to the runner"*

Proposed Rule changes - Course length

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Old 21.12

If the format is long, middle or ultra-long, the course length must be given as that of the straight line route from the start via the controls to the finish deviating for, and only for, physically impassable obstructions (high fences, lakes, impassable cliffs etc.), 'out of bounds' areas and marked routes. This is the shortest route which a competitor could reasonably possibly take, irrespective of whether or not the competitor would be sensible to do so.

~~Old 21.13~~

~~If the format is urban and sprint, the course length must be given as that of the route from the start via the controls to the finish as shown by the line on the map.~~

New 21.12

For all types of format, including Sprint and Urban, the course length must be given as that of the straight line route from the start via the controls to the finish deviating for, and only for, physically impassable obstructions (high fences, lakes, impassable cliffs etc.), 'out of bounds' areas and marked routes. This is the shortest route which a competitor could reasonably possibly take, irrespective of whether or not the competitor would be sensible to do so.

Example course length

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British Orienteering



Course length - reasons

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- Straight line lengths have little significance
- In line with IOF Rule
- Similar running speed for each Sprint race
 - If leading M21 runs at 3.5 min/km, then a 4.0 km course will be won in $3.5 \times 4.0 = 14$ minutes
 - All other course lengths pro rata
 - Need to take into account height climb as usual

Proposed Rule changes - Late starts

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Old 27.6

At level A events, competitors late for their starts through no fault of the Organiser are permitted to start. The start official will determine at what time they are permitted to start, giving due consideration to the possible influence on other competitors.

New 27.6

At level A events, competitors late for their starts through no fault of the Organiser are permitted to start. **The start official will start them as follows**

- **If the competitor is at the Late Start start line less than half the start interval after their start time they should start immediately.**
- **If the competitor is at the Late Start start line more than half the start interval after their start time they should start at the next available half start interval.**

Proposed Rule changes - Sprint map scale

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Old 6.3.1

The map scale must be either be 1:5,000 or 1:4,000, and a contour interval of either 2.0m or 2.5m.

- a) In terrain with exceptionally fine detail, scales of 1:4,000 or 1:3,000 may be used for older classes after consultation with Events and Competitions Committee.*
- b) In these circumstances a direct enlargement should be done of all aspects of the map.*

New 6.3.1

The map scale must be either be 1:4,000 or 1:3,000, and a contour interval of either 2.0m or 2.5m.

[NB the exact details of this must be worked out in agreement with MAG; there will be knock-on effects to the Mapping Appendix as well. The main issue here is to recognise the fact that 1:5000 is not a standard scale for Sprint maps these days, although it remains in common use for Urban races]

Proposed Rule changes - Sprint map spec

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Extract from Appendix D – Level A Sprint maps (Sec 5 Table 1) – proposed changes in 3rd row

Specification	Scale	Symbol Size	Enlarged Map Scale	Enlarged Symbol Size	Contour interval	Print Method	Approved Printer	Comment
ISSOM 2007	1:5,000 1:4,000	100% 100%			2.5m or 2m	Offset litho or Laser/digital	Approved Professional	Laser/digital printing permitted. Competition Rule C refers to use of enlarged scale (1:4,000 & 1:3,000) for older competitors. Paper size should not exceed A4.
ISSOM 2007	1:4,000 1:3,000	100% 100%			2.5m or 2m	Offset litho	Approved Professional	Maps of less detailed areas may be printed by laser/digital, subject to approval. Paper size should not exceed A4.

Proposed Rule changes - Secret starts

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Remove the following clause:-

7.2.4d (part) 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.

Reason

- Complicated logistics re map delivery
- Unclear why it's needed!

Touch-free punching

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Emitag touch-free punching system used for first time at a major BOF event.

Issues

- Light flashes by accident – can confuse
- Download problems – incomplete records
- One person cleared his card by going close to Start before downloading
- Two faulty Emitags were replaced



Touch-free punching

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Mike Napier:-

“From my point of view, Touch Free is significantly more robust than regular EMIT. With EMIT and timed starts, if for any reason the download is not captured (e.g. failing battery), the timing is lost.

Fortunately at major events the last control is usually linked so that timing can be recovered, but not without some effort. With Touch Free, the internal clock is never turned off.”

Other points

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- Course/class allocations were revised to cope with larger entry – worked well – no heat lasted >60 mins
- Start team needs numbers and experience – plus rehearsal!
- Plenty of volunteers needed as marshals too – can also guard controls

And finally ...

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The need for an Assistant Controller

- A back-up in case of emergencies
- Vital in checking sites for the afternoon Finals