

## 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 Orienteering Sprint Distance Championships is a National (Level 1) 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 BOF 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 (Elite) 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.

**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 those eligible on the two courses involved (Men's Open and Women's Open). The IOF Rules are to be found on the IOF website at [www.orienteering.org](http://www.orienteering.org), under 'publications'.**

1.3.4 The event may be staged on the same weekend as the British Middle Distance Championships.

#### 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 National Members of British Orienteering and they hold or are eligible to hold a British Passport, i.e. they are eligible to compete for Great Britain.**

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**1.4.3** Competition is provided for the M/W 10 to M/W 85 classes, these classes being assigned together in administratively convenient groups (see later table). Men's Open and Women's Open shall comprise (wholly or partly) two of these groups.

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

**1.4.5** Non-competitive runners shall not be allowed to take part.

### 1.5 Responsibility

**1.5.1** The British Orienteering Sprint Distance 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 1 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** Map Adviser: appointed by Map Group

**1.6.5** 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.

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2 weeks Overprinted maps available.

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 weeks Results booklet posted.

## 2. Map and Terrain

### 2.1 Quality of Terrain

2.1.1 The terrains for the British Sprint Championships should be predominantly very runnable park or urban, or a combination of these. Some fast runnable forest may be included. The terrains 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.** Conditions should be guaranteed 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 1 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 all of 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:

2.1.5 (a) The area should allow an M Open course with a winning time of 12 - 15 minutes without undue repetition

2.1.6 (b) See also "Quality of Terrain" above.

### 2.2 Embargo

**2.2.1 The competition terrains are embargoed as soon as their location is published. The terrains 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 maps shall be drawn to the latest 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. For particularly detailed areas an enlarged scale map (at 1:4,000 and 1:3,000) may be deemed necessary for competitors in classes M/W45 and above. Consult British Orienteering Map Group if in doubt.**

### 2.4 Map Printing

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

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### 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 Championships should normally 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 the map used for the 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.**

**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 Elite Start times should only be changed under exceptional circumstances.

#### 3.3 Trophies and Medals

**3.3.1 Non-Open Trophies and Medals: British Championship Trophies shall be presented to the winners of each non-Open age class. British Championship medals shall be awarded to the first, second and third placed competitors in these classes. Competitors are only eligible for medals and trophies in the age class they have entered and if they satisfy the Eligibility Rule above.**

**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 Open Champions. The winners shall be awarded the British Sprint Championship trophies, and British**

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Championship medals shall be awarded to the first, second and third placed competitors in each of the Men's and Women's classes.

### 3.4 Badge Calculations

3.4.1 Badge times shall be calculated as described in Appendix J (The Badge Scheme), and included in the printed 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 Note: 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. 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.

### 3.6 Programme on the day

3.6.1 All Qualification heats should be run concurrently

3.6.2 A gap of 2 hours between the last finisher in the heats and the first starter in the Finals 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 group contains several age classes (all but group 1), A Finalists shall start by age class so that, for example, the M 40 and M 45A Finalists start in separate blocks.

3.6.4 A Final Start times should be arranged so that the last starters in each age class finish at staggered times in order to maximise spectator interest. This can only be achieved by setting the *last start times* for each age class in advance and then determining start times for the rest of the qualifiers from this. These last times should be published in the event details.

3.6.5 All B, C etc Finals should be started at the earliest opportunity

## 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 Elite A Finals should be held before all other finals to allow other competitors to spectate before they run themselves.

### 4.2 Qualification Race

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

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4.2.2 No heat should contain more than 60 competitors; this condition then determines how many heats are to be provided for each group.

**4.2.3 Each heat shall, as far as possible, be equal in the number and quality of the runners. The BOF Rankings scheme shall be used to achieve this.**

4.2.4 Each heat should have runners starting in the reverse order of their rankings positions so that the best ranked in each heat starts last.

**4.2.5 The start list for each M/W Open heat shall be seeded, following the guidance produced by the Elite Competitions Group with the top seeded competitors starting last.**

### 4.3 The A Final

4.3.1 The best competitors from each qualification race heat qualify for the A-final of the 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 where there are 4 or 5 heats).

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 shall compete in the A-final.

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 start list as published at a pre-announced time.

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.

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 B Final should have more than 75 runners in total and that, where this happens, sufficient C, D etc Finals are provided to ensure this.

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.

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**4.4.4 Competitors who retired or were disqualified in their heats shall start first in the lowest ranked Final and shall be deemed to be non-competitive in that Final.**

**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 group 2 (Women's Open/M 35/M 40) attracts an entry of 121 competitors (87 + 5 + 29, for example); and there are three parallel heats in the Qualifying Races (see 4.4.2).*

*4.5.2 Heats 1 and 2 will both have 40 runners. Heat 3 will have 41 runners, the balance of W Open:M 35:M 40 being 29:2:9, 29:2:10, 29:1:10 respectively. The BOF rankings are used to balance the strength of classes in each heat (see 4.2.3).*

*4.5.3 Qualifiers for the A Final will be the first 6 Women's Open runners from each heat (see 4.3.2), along with all the M 35 (see 4.3.4) and the first 5 M 40s in each heat (see 4.3.3).*

*4.5.4 If there were a tie for the 6th place Open Woman in Heat 2, both competitors would go through to the A Final, which would therefore contain nineteen W Open runners (see 4.3.5).*

*4.5.5 Assuming no ties, there are 18+5+15 runners in the A Final (NB the M 35 and M 40 finalists would probably start after all the Women's open runners (4.1.3), and in separate blocks too (3.6.3)), or 38 in all. This leaves 83 runners for lower Finals and the Organisers would probably split these between B and C Finals (see 4.4.2).*

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### 5. Course Planning

5.1.1 The seven groups as laid out in the table below should be suitable for the qualification courses for an entry of about 700 competitors:

Group Number	Course Length Ratio	Technical Difficulty	Men	Women
1	1.00	3	Open	
2	0.84	3	M35, M40	Open
3	0.84	3	M45, M50	
4	0.78	3	M14, M16, M55, M60	W35, W40
5	0.68	3	M65, M70	W14, W16, W45, W50
6	0.55	3	M12, M75, M80, M85	W12, W55, W60, W65, W70, W75, W80, W85
7	0.50	2	M10	W10

### 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 7.

5.2.3 This table is recommended for an entry of 700 when up to 60 competitors on each qualification course can be expected. Age classes will need to be reallocated to more groups when the entry is higher. The table of running speeds per age class published in Appendix B will aid this since this will be the same as the course length ratios for each class.

5.2.4 No table is provided for the Finals courses as their structure depends very much on the number of entries. The example overleaf shows one way of combining age class finals for an entry of about 700.

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	Men Open											
	Women Open		M40A	M35A								
<b>A Finals</b>	M50A	M45A										
	W40A	W35A	M60A	M55A	M14A	M16A						
	W50A	W45A	M70A	M65A	W14A	W16A						
	W85A	W80A	W75A	M85A	M80A	W70A	W65A	M75A	W60A	W55A	W12A	M12A
	W10	M10										
<hr/>												
	M Open B											
	M Open C											
<b>B/C Finals</b>	W Open B		M40B	M35B								
	M50B	M45B										
	W40B	W35B	M60B	M55B	M14B	M16B						
	W50B	W45B	M70B	M65B	W14B	W16B						
	W85B	W80B	W75B	M85B	M80B	W70B	W65B	M75B	W60B	W55B	W12B	M12B

### 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 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.

## 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.