

## Competition Rules F: Jan Kjellström Sprint

**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 Championships is a National (Level 1) event.**

#### 1.2 Nature of Event

**1.2.1 The JK weekend is a high quality event held each Easter in memory of Jan Kjellström who gave so much help in establishing the sport of orienteering in Great Britain. Day 1 is a Sprint race; Days 2 and 3 Individual cross-country races; Day 4 a Relay.**

**1.2.2 The JK Sprint Championships are held on Good Friday to determine the JK Sprint Champions in all age groups.**

**1.2.3 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 competitors running the two Elite courses. The IOF Rules are to be found on the IOF website at [www.orienteering.org](http://www.orienteering.org), under 'publications'.**

#### 1.3 Who may compete

**1.3.1 All competitors shall be either a National or Local Member of British Orienteering, or a member of an IOF affiliated Federation.**

**1.3.2 There may be selection and/or seeding of runners in the Elite classes (M/W18, 20, 21). If required, the selection policy shall be the responsibility of the Elite Competitions Group.** Selection should normally provide:

- a majority of places allocated on the basis of performances in the current year (using UK Cup results or similar);
- a small number of places to be allocated to those not qualifying by the first method, based on a written application.

#### 1.4 Responsibility

**1.4.1 The JK Sprint 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.**

**1.4.2 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.**

#### 1.5 Officials

**1.5.1 Controller: Grade 1 controller appointed by the Major Events Group.**

**1.5.2 Map Adviser: appointed by Map Group**

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

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

**1.5.5 The Planner and Controller shall have experience of Sprint races and Sprint maps.**

## 2. Map and Terrain

### 2.1 Quality of Terrain

**2.1.1** The terrain should be predominantly in very runnable park or urban (streets/buildings) areas. Some fast runnable forest may be included. Areas so complex that it is doubtful whether a competitor can interpret the map at high speed should be avoided.

**2.1.2 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.**

**2.1.3 Safety and fairness must be prime considerations** thus traffic free 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 traffic can be safely controlled.

### 2.2 Map

**2.2.1 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. The terrain shall be field worked in order for the map to be legible when presented at the selected scale.**

**2.2.2 See Appendix H (Mapping)**

**2.2.3** 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, i.e. lines, line screens and symbol dimensions are 25% larger when the map scale is enlarged from 1:5,000 to 1:4,000; and 33% larger for the 1:4,000 to 1:3,000 increase.

### 2.3 Map Printing

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

## 3. Event 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 JK Sprint Championships should normally provide all the facilities expected of a Level 1 event. In particular:

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- start list at assembly area and at pre-start
- control description issue in start lanes
- numbered bibs for Elite, and preferably all, competitors
- 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) and the event website
- map collection for the Elite courses if it is a World Ranking Event (it is not required for other classes)
- same control site format at each control, with sample on display at the pre-start
- radio control sites for the Elite courses
- frequently updated results display
- public address system for commentary
- a dignified and prestigious prize giving ceremony

### 3.2 Race Presentation

3.2.1 The event should be presented in a manner that is attractive to spectators and the media. This should include the following aspects if at all possible:

- Start and Finish in the race arena
- A spectator control easily visible from the arena
- There should be spectator areas where spectators can follow the race to the maximum extent. However, this needs very careful crowd control in order to ensure that they do not interfere with or influence the race. The rest of the competition area shall be out of bounds to all competitors until the end of the competition, in order not to compromise fairness.

### 3.3 Start Times

**3.3.1 Start time allocation and seeding for all classes shall be in accordance with Appendix L.**

**3.3.2 Start time allocation and seeding for the Elite classes shall be carried out in conjunction with the Elite Competitions Group.**

**3.3.3 The start interval for all classes shall be 1 minute.**

### 3.4 Trophies and Medals

**3.4.1 JK medals shall be awarded to the first, second and third placed competitors in each age class. Competitors are only eligible for medals in the age class they have entered.**

**3.4.2 Note that competitors on the Men Open course have been seeded out from the age class competition and the leading competitors on this course shall therefore only be awarded mementoes.**

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### 3.5 Badge Calculations

**3.5.1** Badge times shall be calculated as described in Appendix J (The Badge Scheme), and included in the printed results

### 3.6 Ranking Scheme

**3.6.1** 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

**3.6.2 Note:** For a World Ranking Event results for the Elite classes 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 elite runners are asked for their IOF IDs beforehand, perhaps via the entry process.

## 4. Course Planning

### 4.1 Courses

4.1.1 The number of courses to be provided depends on the size of entry. The class combination given below is designed for a total entry of 1500.

course	ratio	TD	class combinations	winning time
1	1.00	3	M21E, M20E, M18E	12 – 15 minutes
2	0.90	3	W21E, W20E, W18E	12 – 15 minutes
3	0.87	3	M35, M40, M45	12 – 15 minutes
4	0.82	3	M50, M16, M14	12 – 15 minutes
5	0.77	3	M55, W35, W16, W14	12 – 15 minutes
6	0.73	3	M60, W40, W45	12 – 15 minutes
7	0.60	3	M65, M70, W50, W55, W60	12 – 15 minutes
8	0.50	3	M75, M80, M12, W65, W70, W75, W80, W12	12 – 15 minutes
9	0.60	2	M10, W10	12 – 15 minutes
10	0.95	3	Men Open (M21, M20, M18)	12 – 15 minutes

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### 4.2 Notes

4.2.1 The table anticipates that course 1 is oversubscribed such that those not selected as M18/20/21E are seeded either into course 10 (Men Open) or into their usual age class course. For example, an M40 wishing to run course 1 may do so if he is either selected as an M21E or if the course is not oversubscribed. Otherwise he will be offered the chance to compete either on course 3 as an M40 or on course 10.

4.2.2 M/W20E and M/W18E courses are paired with the corresponding M/W21E courses.

4.2.3 It is not anticipated that course 2 is oversubscribed so there will be no need to seed runners onto a separate course. As a result, all W21s, 20s and 18s will run this course, irrespective of whether or not they are deemed to be Elite.

4.2.4 The nature of TD in Sprint terrain means that it is quite natural for younger juniors to share the same course as older adults

### 4.3 Planning Considerations

4.3.1 There should be an emphasis on very high speed running over a relatively short distance.

4.3.2 The planning should emphasise map reading, map interpretation and route choice in environments which may appear complex at very high speed. Finding the controls should not be the challenge; rather the ability to choose and complete the best route to them.

4.3.3 The nature of the terrain means that courses should only be of technical difficulty 3, but the high speed of decision making adds extra pressures which compensate for the lack of technical challenge.

4.3.4 The possibility of the runners being influenced by spectators, dogs, general public, traffic, etc. should be minimised.

## 5. Further Information

5.1.1 Appendices B (course planning), E (event safety), and G (protests, juries and appeals) along with the generic Sprint Race Guideline (D).

5.1.2 There is also important advice about the nature of the Sprint discipline contained in the IOF Competition Rules (Appendix 6).

5.1.3 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 the British Orienteering National Office.