

Event Guideline B: Regional & Local Cross Country Events

1 General Information

Levels: This Guideline applies to Regional (Level 2) and Local (Level 3) cross country events with Colour Coded courses.

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

Nature of Event: Cross-country competition held in daylight. Runners compete as individuals on courses 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. A competitor's progression can then be made 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.

For the Colour Coded scheme to be successful, it is essential that such events follow the current British Orienteering Rules and Guidelines.

Age Class Competition: It is expected that some of these events will also be used for age class competitions, for example Regional Association Championships or other traditional events. The appropriate relationship between the Colour Coded courses and age classes is included within the course table later in the Guideline.

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 Guideline C: Area Championships.

Officials: See Rules 4.1 to 4.4 (roles), and Appendix C parts 1.2.1, 1.3.1 (recommended experience for organisers and planners), and 1.4.1 (level of controller).

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.

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Map: Maps should be produced to the International Specification for Orienteering Maps 2000. See also Appendix H of the BOF Rules.

3 Course Planning

Courses: The Planner should decide which courses are to be provided. Whilst the colour 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 difficulty. In those areas which only provide orienteering of a lower than ideal technical difficulty for the Green courses and above, courses up to Light Green must be planned to the correct absolute standard.

At large events the full range of courses may be offered to cater for the expected entry levels.

At medium sized 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. Other courses (including String) can then be offered depending on the size of the area, terrain, expected number of competitors, etc.

Smaller events may offer a more limited range of courses still, e.g. Yellow, Orange, and Green.

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.

There should be an opportunity for competitors on the White and Yellow courses to inspect their courses (and even discuss them with their parents) 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 table, are explained in Appendix B. Adhering to them ensures that standards are comparable across all Regional (Level 2) and Local (Level 3) cross country events, and between these and Championship courses.

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Colour	Course Length Ratio M21L = 1.0	Minimum-Maximum Length (km)	Technical Difficulty	Men Classes	Women Classes	Men old 'S' Classes	Women old 'S' 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	M20 M18 M45 M50	W21	M21S	
Blue	0.56	5.5 - 7.5	5	M16 M55 M60	W35 W40	M35S M40S	
Short Blue	0.45	4.5 - 6.5	5	M65	W20 W18 W45 W50	M45S M50S	W21S
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	W65 W70 W75 W80	M65S M70S	W45S W50S W55S W60S
Light Green	0.30	3.0 - 4.0	4	M14	W14		
Long Orange	0.50	5.0 - 7.0	3				
Orange	0.25	2.5 - 3.5	3	M12	W12		
Yellow	0.22	2.0 - 2.9	2	M10	W10		
White	0.14	1.0 - 1.9	1				

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.

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(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, 5.4 (master maps), and 6.2.4 (proximity of controls); and Appendix B parts 4.1.1-13 (symbols), 4.1.14 (map cases), 4.2 (map corrections), 4.4.1 (start position).

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).

Organisers should always allow competitors on White and Yellow courses to copy down or see their courses before the start.

Control Descriptions: See Rule 6.1.2/3 (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. They should be produced in accordance with Rule 6.6 and Appendix A. Course distance and climb should be calculated according to Rules 6.1.2 and 6.1.3.

4 Specific Notes for Regional (Level 2) events

Responsibility: The committee of each British Orienteering Constituent Association is responsible for the co-ordination of Regional (Level 2) Events within its area, working with Fixtures Group to ensure a sensible spread of events throughout the country.

Timescale: This will vary considerably depending on the size of the event. However the following timescale is intended to give guidance, although it is not an all-embracing list.

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| 18 months | Event date agreed with Fixtures Group. |
| 10 months | Controller appointed. |
| 6 months | Survey complete and draft colour map available for planning (new maps). |
| 4 months | Survey complete and draft colour map available for planning (updated maps). |
| 8 weeks | Planning completed. |

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- 4 weeks Courses agreed with Controller.
- 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. Results submitted to the ranking list.
- +2 weeks Results booklet posted. Final results submitted to the ranking list.

Organisation: The organisation should be sufficient to cope with the number of competitors expected to attend the event. Regional (Level 2) events should normally provide the following facilities:

- at least some entry on the day
- unmarked maps on display in 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)
- results display
- clearly signed First Aid point

Start Times: Choice of early, middle, or late start times.

See Rules 8.1.1, 8.1.3, 8.1.4.

Badge Calculations: Badge times should be calculated as described in Appendix J (The Badge Scheme), and included in both online and printed results.

Ranking Scheme: All Regional (Level 2) Events are Ranking Events if appropriate (e.g. chasing start races are excluded). Preliminary results should be submitted as soon as possible after (ideally on the day of) the event. Final results should be submitted within two weeks of the event. See Appendix K (The Ranking Scheme) for details of how to do this.

Rule Variations: See Rules 1.3.6, 1.3.8.

5 Further Information

Other Information: Appendices B (Course planning), E (Event safety), and G (Juries, protests and appeals).

Colour Coded Awards: A competitor qualifies for a Colour Coded Award by achieving the Colour Coded Standard for that colour course on three separate occasions. Pairs can qualify for Colour Coded Awards on the White, Yellow and Orange courses.

A White Colour Coded Standard is achieved by anyone who successfully completes the White course.

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The Colour Coded Standard for courses other than White is calculated using whichever of the following two methods gives the larger number of qualifiers:

- The time that is achieved by at least 50% of those who started the course, which includes those who retire or are disqualified. Each pair or group on Yellow and Orange courses (if any) should be treated as a single starter.
- 150% of the winner's time.

The Controller may extend the qualifying time if there are reasonable circumstances to do so, but may not reduce it.

The Colour Coded Standard time for each course should be included in the final results.

Further Advice: If you cannot find the answer to a question within the published Rules, Appendices and Guidelines then please contact your Association's representative on Rules Group, or failing that the Chairman of Rules Group via the British Orienteering National Office.