

Event Rules E : British Sprint Elite Championships

1. General Information

1.1 Nature of Event

- 1.1.1 The British Sprint Elite Championships shall be held annually to determine the Men's and Women's British Sprint Champions. This race is open to all competitors
- 1.1.2 The format of the event is such that it produces just one Man and one Woman as the overall British Elite Champions. The winners shall be awarded the British Sprint Championship trophies, and British Championship medals shall be awarded to the first, second and third placed competitors in each class.
- 1.1.3 The event is intended to provide an equivalent type of competition to that held at the World Orienteering Championships.
- 1.1.4 The event will normally be held in late spring or early summer in order to fit in with the overall elite orienteering schedule.
- 1.1.5 The British Sprint Elite Championships is a Level 1 (National) event.
- 1.1.6 The general principles within this Guideline may also be applied to other Sprint Races.

1.2 Eligibility

- 1.2.1 Competitors are eligible to take part in the British Sprint Elite Championships provided that on the day of the competition they fulfil both criteria (i) and (ii) below:
- (i) They are National Members of British Orienteering
AND (ii) (a) they hold a British Passport
OR (b) they have been present in the UK for at least three of the six months preceding the competition.

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

- 1.2.2 There may or may not be a restriction on the number of runners in each class. This will depend on the venue and other event logistics. If numbers are to be restricted then the selection policy shall be publicised in advance to explain how runners may qualify to be selected for the event.
- 1.2.3 If required, the selection policy shall be the responsibility of the Elite Competitions Group. It should normally include:
- 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.

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1.3 Terrain

- 1.3.1 The terrain should be very runnable forest, park or urban, or a combination of these. Areas so complex that it is doubtful whether a competitor can interpret the map at high speed should be avoided.
- 1.3.2 The venue for the event shall be approved by the Elite Competitions Group.

1.4 Responsibility

- 1.4.1 The British Sprint Elite Championships are organised by Constituent Associations, or by clubs on behalf of their Constituent Association.
- 1.4.2 The organising body shall take financial responsibility unless prior agreement has been reached with BOF. [Rule 2.3.1]
- 1.4.3 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 Chairman will report to Events Committee if at any stage the event is felt to be at risk.
- 1.4.4 Allocation of the British Sprint Elite Championships will be the responsibility of BOF Fixtures Group. If possible a regional rotation will be implemented, but not at the expense of the standards of competition.

1.5 Officials

- 1.5.1 The officials for the event shall meet the requirements set out for a Level 1 event in Appendix C (Event Officials).
- 1.5.2 An Elite Advisor for the event will be appointed by Major Events Group.
- 1.5.3 The Planner and Controller should have experience of sprint races, sprint maps, and of elite orienteering.

2. Organisational Requirements

2.1 Overall Format

- 2.1.1 The competition shall consist of two phases, the Qualification Race and the Final. Both phases should be held on the same day.
- 2.1.2 The Qualification Race will be used to decide who competes in the A Final. There should also be a B Final, C Final, etc., preferably after the A Final to allow competitors to watch this before their second run. These may be on the same or different course or courses to the A Final, so that all competitors are able to take part in two races.

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- 2.1.3 The winner of the A Final will be declared the British Sprint Champion.
- 2.1.4 The results of all races (Heats and Finals) should be submitted to the BOF Ranking Scheme. See Appendix K (The Ranking Scheme) for details of how to do this. The future of the Ranking scheme is still to be determined, but the outcome will be inserted here before the 2010 event takes place.

2.2 Qualification Race

- 2.2.1 The Qualification Race shall consist of between one and five parallel heats, each running a similar but different course.
- 2.2.2 Each heat should, as far as possible, be equal in the number and quality of the runners.
- 2.2.3 The start list for each heat should be seeded. Seeding should follow the guidance produced by the Elite Competitions Group with the top seeded competitors starting last.
- 2.2.4 There shall be a one-minute start interval to ensure the fairness of the races.

2.3 The A Final

- 2.3.1 The A Final shall normally consist of the top eighteen or twenty competitors from the Qualification Race, but this may be varied subject to prior agreement with the Elite Competitions Group.
- 2.3.2 An equal number shall qualify from each heat, except that in the event of a tie for the last qualifying place in a heat then both competitors shall go through to the A Final.
- 2.3.3 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.
- 2.3.4 There shall be a one-minute start interval to ensure the fairness of the race.

2.4 B, C, etc Finals

- 2.4.1 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.
- 2.4.2 The number of runners in the B Final, C Final, etc. shall be determined by the event Organiser.

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- 2.4.3 An equal number shall qualify from each heat for each Final, except that in the event of a tie for the last qualifying place in a heat then both competitors shall go through to the appropriate Final. This will have the effect of reducing the number of qualifiers from that heat in the next ranked Final down.
- 2.4.4 Competitors who retired or were disqualified in their heats shall be placed in the lowest ranked Final (over-riding rule 2.4.3 if necessary) and shall be deemed to be non-competitive in that Final.
- 2.4.5 The process for determining the starting order for each Final shall be the same as that used for the A Final.
- 2.4.6 There shall be a one-minute start interval to ensure the fairness of the races.

2.5 Example

- 2.5.1 Assume the class attracts an entry of 61 competitors; that there are three parallel heats in the Qualifying Race, with 18 runners in each of the A and B Finals, and the remainder in the C Final.
 Heats 1 and 2 will both have 20 runners. Heat 3 will have 21 runners.
 Qualifiers for the A Final will be the first 6 positions from each heat.
 If there were a tie for 6th place in Heat 2, both competitors go through to the A Final, which will therefore contain nineteen runners.
 Qualifiers for the B Final will then be the runners in positions 7 to 12 in Heats 1 and 3, and positions 8 to 12 in Heat 2. (i.e. only seventeen runners).
 Qualifiers for the C Final will be the remaining runners from each heat.

3. Planning Requirements

3.1 Courses

- 3.1.1 There shall be two courses:

| Course | Class | Winning Time |
|--------|-------|---------------|
| 1 | Men | 12-15 minutes |
| 2 | Women | 12-15 minutes |

3.2 Planning Considerations

- 3.2.1 There should be an emphasis on very high speed running over a relatively short distance. It is preferable for winning times to err towards the shorter end of the given range.
- 3.2.2 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. For example, the most obvious way out of a control should not necessarily be the most favourable one. Courses should be set to require the athletes' full concentration throughout the race. An

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environment that cannot provide this challenge is not appropriate for the sprint.

- 3.2.3 The nature of the terrain means that courses should only be of technical difficulty 3, but the speed of the event adds extra pressures which compensate for the perceived lack of technical challenge.
- 3.2.4 The possibility of the runners being influenced by spectators, dogs, general public, traffic, etc. should be minimised.

4. Other Information

4.1 Race Presentation

- 4.1.1 The event should be presented in a manner appropriate to a Level 1 event, with the nature of the event used to make it very attractive to spectators and the media. This should include the following aspects:
- Start and Finish in the race arena if at all possible.
 - Race numbers for all competitors.
 - Race commentary.
 - A dignified and prestigious prize giving ceremony. This should be as soon as possible after the results are known.

- 4.1.2 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.

4.2 Mapping

- 4.2.1 The map should be drawn to the IOF Specification for Sprint Orienteering Maps (ISSOM) with a scale of either 1:4,000 or 1:5,000, and a contour interval of either 2.0m or 2.5m.

4.3 Supporting Events

- 4.3.1 It is not envisaged that any non-Championship supporting races are required. However it has become practice to provide a shorter race for the youngest juniors (M/W14-), in which case an additional Qualification and Final course may be provided for them. This is particularly useful as it can also enable additional safety considerations to be taken into account for this age group.

4.4 Further advice

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