

Event Rules F : British Sprint Age Class Championships

1 General Information

Level: The British Sprint Age Class Championships is a Level 1 (National) event.

Purpose: (a) To find the British Sprint Champion in each relevant age class except M/W21.

British Champions in the M/W21 classes will be determined at the British Sprint Elite Championships; see separate Event Rule. M/W21s may run in this event but are not eligible for British Championship titles.

(b) To provide a high standard of domestic competition for all members of BOF through a high quality event.

Nature of Event: Single-day cross-country 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). The results shall be determined by the sum of competitors' times over the two races. Runners compete as individuals on combined age class courses (see section 5) with the highest finisher in each age class on the relevant course being declared British Sprint Champion.

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

Who May Compete: Competitors are eligible to take part in the British Sprint Age Class Championships provided that on the day of the competition they fulfil both criteria (i) and (ii) below:

(i) They are National members of BOF

(ii) EITHER (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.

Medals: British Championship medals shall be awarded to the first, second and third placed competitors in each age class. Competitors are only eligible for medals and trophies in the age class they have entered.

Responsibility: The British Sprint Age Class Championships are organised by Constituent Associations, or by clubs on behalf of their Constituent Association.

The organising body shall take financial responsibility unless prior agreement has been reached with BOF.

[Rule 2.3.1]

The event Organiser will be required to make regular reports on the progress of the event to their Association and to the Major

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Events Group. The Major Events Group Chairman will report to Events Committee if at any stage the event is felt to be at risk.

How to Apply: Allocation of the British Sprint Age Class 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.

Officials: See Rules 4.1 to 4.4 (roles), Appendix C parts 1.2.1, 1.3.1 (recommended experience for organisers and planners), and 1.4.1 (level of controller and who is responsible for making the appointment), and Appendix H parts 3.3.1 and 3.4 (map adviser). The planner and controller should both be familiar with the sprint race format.

Timescale: This is intended to give guidance only and is not an all-embracing list.

27 months	Area selected and approved, officials agreed, timescales agreed. Map adviser appointed.
14 months	Survey underway to ensure correct seasonal representation (if applicable).
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.
6 weeks	Controlling of courses completed. Map files and course overprints sent to printer.
4 weeks	Overprinted maps available.
EVENT	Results displayed on the day and on the internet with a link from the BOF website by the evening.
+2 weeks	Results booklet posted (if applicable).

Rule Variations: See Rules 1.3.5, 1.3.8.

2 Map and Terrain

Quality of Terrain: The terrain for the British Sprint Age Class Championships should be predominantly very runnable park or urban, or a combination of these. Some fast runnable forest may be included. The terrain must be sufficiently complex to allow courses to be set which force competitors to make frequent rapid decisions and to concentrate throughout the race. An environment that cannot provide this challenge is not appropriate for the sprint. Areas so complex that it is doubtful whether a competitor can interpret the map at high speed should be avoided. 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

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where there is no traffic or where occasional low speed traffic can be safely controlled.

Map: The map should 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.

3 Event Organisation

Organisation: The organisation should be sufficient to cope with the number of competitors expected to attend the event. Particular care is needed in finding suitable car parking arrangements and assembly area. The British Sprint Age Class Championships should normally provide the following facilities:

- An event web site for information, start lists, results, and on-line entry
- entry closing date as close as possible to, and certainly no more than 21 days before, the date of competition
- start list at assembly area and at pre-start
- 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
- numbered bibs for all competitors

Start Times: Start time allocation and seeding for Race 1 shall be in accordance with Appendix L. Due to the short nature of the race, start intervals between seeded runners may be reduced to 2 minutes. General start interval to be 1 minute.

See Rules 8.1.1, 8.1.2, and 8.1.4

BOF Ranking Scheme: Both the Race 1 and Race 2 results should be submitted to the 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.

4 Event Format

Overall Format: The competition shall consist of two phases: Race 1 and Race 2. Both phases shall be held on the same day.

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The results from Race 1 will determine the starting order for race 2. Classes sharing the same course shall be treated separately with the fastest in each class in Race 1 starting last in Race 2 with everyone else in that class starting in reverse finishing order at 1 minute intervals. Where competitors are tied in Race 1 their starting order in Race 2 shall be determined randomly. For example, on course 3 all the M45s should be started, slowest first fastest last, at 1 minute intervals followed (a few minutes later) by the M50s, slowest first fastest last, at 1 minute intervals.

The base time for each class should be staggered so that the winners in each class are finishing at different times. Anyone disqualified or retiring in Race 1 will start either before or after everyone else in Race 2 and will not be eligible for an overall result.

The overall results will be determined by adding the finishing times from Race 1 to those from Race 2. The person with the quickest overall time in each class will be declared British Sprint Champion for that class.

As M21 and W21 competitors are not competing for British titles at this event, they should be kept separate from other competitors sharing their course in both Race 1 and Race 2 so that their presence does not influence the outcome of the race. This could be done by giving the M21 and W21 a separate start block after all other starters in both Race 1 and Race 2.

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It is envisaged that it will normally be possible to plan courses such that Race 1 and Race 2 use completely different parts of the area. Ideally the two races should use two different starts, although using the same finish area may enable more atmosphere to be generated in the assembly area, with club tents lining the run in, etc.

5 Planning Requirements

There should be seven courses as laid out in the table below:

Course Number	Length Ratio	Technical Difficulty	Men	Women
1	1.0	3	M18, M20, (M21), M35, M40	
2	0.84	3		W18, W20, (W21), W35, W40
3	0.88	3	M45, M50	
4	0.78	3	M14, M16, M55, M60	
5	0.64	3	M65, M70	W14, W16, W45, W50

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6	0.50	3	M12, M75, M80, M85	W12, W55, W60, W65, W70, W75, W80, W85
7	0.50	2	M10	W10

Notes: (a) Course 1 shall be planned to provide winning times in the range 12-15 minutes for a top M21. 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 the other courses are all in the range 12-15 minutes.

(b) 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.

(c) This table is recommended for an entry of 400-500 when up to 90 competitors on each course can be expected. Courses will need to be split when the entry is higher.

Planning considerations: 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.

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.

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 speed of the event adds extra pressures which compensate for the lack of technical challenge.

Courses should be planned such that the possibility of the runners being influenced by spectators, dogs, general public, traffic, etc are minimised.

6 Further Information

Other Information: Appendices B (Course Planning), E (Event Safety), and G (Protests, Juries and Appeals) along with the generic Sprint Race Guideline.

Effective January 2010



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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.