

## ***Event Guideline B : Long Distance Events***

**This Guideline is only intended to provide advice to Organisers and Planners. No compulsion is intended, and it is accepted that the particular circumstances of an event may make it sensible not to take up all of the suggestions made.**

### **1. General Information**

1.1 Levels: This Guideline applies to Long Distance events with Colour Coded courses registered at Level B, C or D. There are separate generic Guidelines for Middle Distance Events, Sprint Races, Urban Races, Relay Races, Score Events, Ultra Long Distance events and String Courses.

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

1.3 Nature of Event: Cross-country event at which runners take part as individuals on courses which are 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 / 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 their confidence with progression either towards longer courses with the navigation remaining relatively simple, or on to technically difficult courses up to the appropriate length for their fitness.

1.4 Competition: Events will be used for staging both age-class and non age-class competitions. For age-class competitions, such as Regional Association Championships, an appropriate relationship between the Colour Coded courses and age classes is included within the course tables later in the Guideline. Pre-event details should be clear as to what courses are being offered and (where relevant) which courses will be used for the awarding of prizes in each age class.

Multi-day events, very large events, or those attracting a significant foreign entry, may wish to use a full set of age classes with Long and Short variants. Such events should base their class combinations and course length ratios on the table in Competition Rules I: Area Championships.

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- 1.5            Entries: Entries should be taken by course, and where appropriate to the event also by age class. Entry by age class (where relevant) may be limited to the Men and Women L and A classes, but may also include the Short and B variants if required for the age-class competition.
- 1.6            Results: Results should be produced by course with the age class of each competitor shown alongside their name. Alternatively, events providing primarily age class competition can produce results displayed by age class.
- 1.7            Officials: See Rules 4.1 to 4.4 and Appendix C parts 1.2.1 and 1.3.1 for guidance on the appropriate officials for events at a particular level.
- 1.8            Responsibility: The organising body shall take financial responsibility unless prior agreement has been reached with British Orienteering.

### **2. Map and Terrain**

- 2.1    Quality of Terrain: The terrain should be appropriate for the level of competition and the courses planned.
- 2.2            Map: Maps should be produced to the International Specification for Orienteering Maps (ISOM). See also Appendix H: Mapping of the BOF Rules.

### **3. Course Planning**

- 3.1            Courses: The organising club shall decide which courses are to be provided. Whilst the colour coded 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 technical difficulty. In those areas which only provide orienteering of a lower than ideal technical difficulty for the Green courses and above, courses up to and including Light Green must be planned to the correct technical standards as outlined in Appendix B - Course Planning. They should not be made technically easier just to make Light Green easier than Green at that particular event.

At larger events it may be necessary to plan parallel courses. For example, if the Blue course is oversubscribed, introduce

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courses called Blue1 and Blue2. These will be of a similar length and may have a number of common legs.

At smaller events it is likely that White, Yellow, Orange, Light Green, Short Green, Green, Blue and Brown courses will provide a range of courses suitable for most abilities. At larger events a wider range of courses will be required. Three possible ranges of courses are given in the following Tables. These are just examples and clubs are free to offer whatever courses they see fit based on their experience of the likely number of competitors. If possible, a string course should also be offered.

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. However, such an area may be eminently suitable for a Middle Distance race provided it meets the technical difficulty criteria.

Unless particular competition rules specify otherwise there should be an opportunity for competitors on the White and Yellow courses to inspect their courses (and even discuss them with their parents, coaches, teachers, etc as well as any adults nominated by the host club) before they start. This could be achieved by making these courses available in the start lanes or in the pre-start area. See Rule 8.2.4.

- 3.2 Technical Difficulty: The definitions of the levels of Technical Difficulty, as used in the following tables, are explained in Appendix B: Course Planning. Adhering to them is essential in ensuring that course standards are comparable across all events.

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3.3 Suggested courses for a typical Level B Long Distance Event with a full range of courses and more than 300 to 400 competitors:

Colour	Course length ratio M21L=1.00	Min-max length (km)	Technical Difficulty	Men Classes	Women Classes	Men Short and B Classes	Women Short and B Classes
Black	1.00	10.0 14.0	5	M21			
Brown	0.85	8.5 12.0	5	M35 M40			
Short Brown	0.69	7.0 10.0	5	M18 M20 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	W18 W20 W45 W50	M18S M20S 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 M85	W65 W70	M65S	W18S W20S W45S W50S
Very Short Green	0.28	2.5 3.5	5		W75 W80 W85	M70S M75S M80S M85S	W55S W60S W65S W70S
Light Green	0.30	3.0 4.0	4	M14	W14	M16B	W16B
Long Orange	0.50	5.0 7.0	3			M21N	
Orange	0.25	2.5 3.5	3	M12	W12	M14B	W14B W21N
Yellow	0.22	2.0 2.9	2	M10	W10	M12B	W12B
White	0.14	1.0 1.9	1			M10B	W10B

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3.4 Suggested courses for a typical Level B Long Distance Event with a full range of courses and less than 300 to 400 competitors:

Colour	Course length ratio M21L=1.00	Min-max length (km)	Technical Difficulty	Men Classes	Women Classes	Men Short and B Classes	Women Short and B Classes
Black	1.00	10.0 14.0	5	M21			
Brown	0.85	8.5 12.0	5	M18 M20 M35 M40 M45	W21		
Blue	0.56	5.5 7.5	5	M16 M50 M55 M60	W18 W20 W35 W40 W45	M18S M20S M21S M35S M40S M45S	W21S
Green	0.39	3.5 5.0	5	M65 M70 M75 M80 M85	W16 W50 W55 W60 W65 W70	M50S M55S M60S	W18S W20S W35S W40S W45S W50S
Short Green (Very Short Green)	0.30	3.0 4.0	5		W75 W80 W85	M65S M70S M75S M80S M85S	W55S W60S W65S W70S
Light Green	0.30	3.0 4.0	4	M14	W14	M16B	W16B
Long Orange	0.50	5.0 7.0	3			M21N	
Orange	0.25	2.5 3.5	3	M12	W12	M14B	W14B W21N
Yellow	0.22	2.0 2.9	2	M10	W10	M12B	W12B
White	0.14	1.0 1.9	1			M10B	W10B

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### 3.5 Suggested courses for a typical Level C Long Distance Event:

Colour	Course length ratio M21L=1.00	Min-max length (km)	Technical Difficulty	Men Classes	Women Classes	Men Short and B Classes	Women Short and B Classes
<b>Brown</b>	<b>0.85</b>	<b>8.5 12.0</b>	<b>5</b>	M18 M20 M21 M35 M40	W21		
<b>Blue</b>	<b>0.56</b>	<b>5.5 7.5</b>	<b>5</b>	M16 M45 M50 M55 M60	W18 W20 W35 W40 W45	M18S M20S M21S M35S M40S M45S	W21S
<b>Green</b>	<b>0.39</b>	<b>3.5 5.0</b>	<b>5</b>	M65 M70 M75	W16 W50 W55 W60 W65 W70	M50S M55S M60S	W18S W20S W35S W40S W45S
<b>Short Green (Very Short Green)</b>	<b>0.30</b>	<b>3.0 4.0</b>	<b>5</b>	M80 M85	W75 W80 W85	M65S M70S M75S M80S M85S	W50S W55S W60S W65S W70S
<b>Light Green</b>	<b>0.30</b>	<b>3.0 4.0</b>	<b>4</b>	M14	W14	M16B	W16B
<b>Orange</b>	<b>0.25</b>	<b>2.5 3.5</b>	<b>3</b>	M12	W12	M14B	W14B
<b>Yellow</b>	<b>0.22</b>	<b>2.0 2.9</b>	<b>2</b>	M10	W10	M12B	W12B
<b>White</b>	<b>0.14</b>	<b>1.0 1.9</b>	<b>1</b>			M10B	W10B

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- 3.6 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.
- Where no Black course is planned, it is still necessary to determine the length of a nominal Black course with an elite winning time of 67 minutes in order to use the ratios for the other courses. In this instance the winning time on the Brown course by a top standard elite competitor should be 57 minutes.
- (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 ratios 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.
- 3.7 Course on Map: Courses should be marked on the map in accordance with Rules 5.2 (course markings), 5.4 (master maps), 6.2.3 and 6.2.4 (proximity of controls); and Appendix B parts 3.1.1 to 3.1.1 (course drawing), 3.1.15 (map cases), 3.2 (map corrections), 3.3 (start position) and 3.4 (control site layout).
- 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
- Control Descriptions: See Rule 6.1.2 and 6.1.3 (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 shall be calculated according to Rules 6.1.2 and 6.1.3.

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### **4. Further Information**

- 4.1 Other Information: Appendices B (Course planning), E (Event Safety), G (Juries, Protests and Appeals) and I (Electronic Punching).
- 4.2 Further Advice: If you cannot find the answer to a question within the published Rules, Appendices and Event 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.