

## Competition Rule F: Jan Kjellström Sprint Orienteering Championships

<b>CHANGE SHEET</b>			
<b>TITLE: Competition Rule G: Jan Kjellström Sprint Orienteering Championships</b>			
DESCRIPTION OF CHANGE			
VERSION	DATE	SECTION	DESCRIPTION
2.5	01/01/2019	6.3.1	Bring map scale into line with IOF Rules and current practice for British Sprint Championships and JK Sprint competition
2.6	01/01/2020	1.2 Format 1.3 Administration 2.6 Embargo 3 Safety 4 Officials 5.2 Additional requirements 6.2 Map 6.3 Map Scales 6.4 Map Printing	1.2.3 Added a requirement to provide non-championship classes for consistency with the JK Individual events. Deleted 1.3.3 (b) as a Partnership Agreement may not be in place. Embargo requirements are covered in the Rules of Orienteering. Safety requirements are covered in the Rules of Orienteering. Officials requirements are covered in the Rules of Orienteering. 5.2.3 Provided a presumption for pre-allocated start times with an option for timed starts. Deleted 6.2.2, which replicates requirements set out in Appendix D Deleted 6.3, which replicates requirements set out in Appendix D Deleted 6.4, which replicates requirements set out in Appendix D
2.7	01/01/2024	3.3 Elite course requirements 5.4 CLR table	This section is new and is based on current practice regarding elite selection and seeding  Added to assist planners who need to combine classes on courses in a different way
2.8	01/01/2025	1.2.1 Format 5.1 & 5.2 Courses	Classes extended up to M/W95+. Updated for M/W95+.
2.9	01/01/2026		Correction to typo in table in 5.2.

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**These Rules are to be used in conjunction with the British Orienteering Rules of Orienteering. Where these Rules vary or supplement the British Orienteering Rules of Orienteering, then this Competition Rule will take precedence. Any questions regarding these Rules should be emailed to: [rules@britishorienteering.org.uk](mailto:rules@britishorienteering.org.uk)**

### 1 General information

#### 1.1 Purpose

- 1.1.1 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.

#### 1.2 Format

- 1.2.1 The JK Sprint Orienteering Championships are usually held on Good Friday to determine the JK Sprint Champions in age classes M/W10 to M/W95(+).
- 1.2.2 Elite classes must be offered for M/W18, M/W20 and M/W21.
- 1.2.3 If some days of the Championships are designated as World Ranking Events (WRE) by the IOF, then IOF Rules will apply, but only to competitors running the two 21E courses. The IOF Rules are to be found on the IOF website at <https://orienteering.sport/iof/rules/>.
- 1.2.4 Pre-entry and entry on the day non-Championship courses must be provided.

#### 1.3 Administration

- 1.3.1 The JK Sprint Orienteering Championships are organised by constituent Associations or by clubs (known as The Organising Body) on behalf of British Orienteering.
- 1.3.2 The JK Sprint Orienteering Championships must be registered as a level A event.
- 1.3.3 Applications to request variation to the Competition Rules must be made to Rules Group as delegated by Events and Competitions Committee.
- 1.3.4 The exact details of responsibility are set out in the Partnership Agreement, if applicable.
- 1.3.5 The Co-ordinator may be required to make regular reports on the progress of the event to their Association and to Events and Competitions Committee.

### 2 Competition and eligibility

#### 2.1 Eligibility

- 2.1.1 The Championships are open to members of the British Orienteering Federation and to members of overseas IOF affiliated Federations. M classes are open to all genders; W classes are restricted to female competitors - see British Orienteering Trans Competition policy.

#### 2.2 Shadowing

- 2.2.1 The shadowing of any competitor on a Championship course is not permitted.

#### 2.3 Medals

- 2.3.1 JK Medals are to be awarded to the first, second and third placed competitors in each age class. This does not apply to the M and W Open courses.
- 2.3.2 Competitors are only eligible for Medals in the age class they have entered.

#### 2.4 Badge Scheme

- 2.4.1 Championship Badge times must be calculated and included in the published results.

#### 2.5 Ranking Scheme

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- 2.5.1 Results must be submitted to the British Orienteering results database as soon as possible after the event, and at most within one week of the event.
- 2.5.2 Full details of the Ranking scheme are in a separate Competition Rule on the British Orienteering website.
- 2.5.3 It should be noted that 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 will include IOF runner ID information, it is important that Elite runners are asked for their IOF IDs beforehand, via the entry process if practicable.

### 3 Organisation

#### 3.1 General

- 3.1.1 Full details of the requirements for a level A event are covered in the British Orienteering Rules of Foot Orienteering.

#### 3.2 Additional requirements

- 3.2.1 The overall start period is at the Organiser's discretion.
- 3.2.2 There must be a pre-allocated start for all competitors on the Championship courses. A timed start may be used at the discretion of the Organiser.
- 3.2.3 The start time interval must be one minute.
- 3.2.4 Seeding and selection must be carried out as specified in Appendix A: Event systems.

#### 3.3 Elite course requirements

- 3.3.1 There may be selection and/or seeding of runners in the Elite classes (M/W18, 20, 21). Selection should usually provide:
  - A majority of places allocated on the basis of performances in the current year.
  - A small number of places to be allocated to those not qualifying by the first method, based on a written application.
- 3.3.2 If the elite course is a WRE, the start list is prepared as outlined in section 3.5 of Appendix A: Event Systems.
- 3.3.3 If the elite course is not a WRE, the start list is prepared as outlined in section 3.4 of Appendix A: Event System, but with Groups 1-5 for the 18/20 classes mixed with Groups 1-5 for the 21 classes as below:
  - Group 10: M/W18-20 Group 5
  - Group 9: M/W18-20 Group 4
  - Group 8: M/W21 Group 5
  - Group 7: M/W21 Group 4
  - Group 6: M/W18-20 Group 3
  - Group 5: M/W18-20 Group 2
  - Group 4: M/W18-20 Group 1
  - Group 3: M/W21 Group 3
  - Group 2: M/W21 Group 2
  - Group 1: M/W21 Group 1
- 3.3.4 The M21E and M18-20E classes run the same course in a combined start list. Ditto for the W21E and W18-20E classes.

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### 4 Map and terrain

#### 4.1 Quality of terrain:

- 4.1.1 The terrain must be predominantly in very runnable park or urban (streets/buildings) areas. Some fast runnable forest may be included.
- 4.1.2 A Grade A Controller appointed by Events and Competitions Committee must assess the suitability of the venue before the event is confirmed.
- 4.1.3 Areas so complex that it is doubtful whether a competitor can interpret the map at high speed should be avoided.
- 4.1.4 The Controller's report should confirm that all of the requirements for a level A event can be met.

#### 4.2 Map

- 4.2.1 The map must comply with all the relevant requirements in the British Orienteering Rules of Orienteering and Appendix D: Mapping.

### 5 Course planning

#### 5.1 Courses

- 5.1.1 These notes should be read in conjunction with Appendix B: Course planning.
- 5.1.2 Courses must be provided for the following range of age classes: M/W 10 to M/W 95(+).
- 5.1.3 The target winning time for a top competitor in each class must be in the range 12 – 15 minutes. The table below includes recommended course length ratios designed to achieve that.
- 5.1.4 The number of courses to be provided depends on the size of entry. The class combination in the table 5.2 is designed for a total entry of 1500.
- 5.1.5 If entry numbers mean that other class/course combinations are needed, the use of table 5.4 will help the grouping of classes onto courses appropriately.

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### 5.2 Table for JK Sprint courses

	<b>EWT</b>	<b>CLR</b>	<b>TD</b>	<b>Men's courses</b>			<b>Women's courses</b>			
1	12-15	1.00	3	M18E	M20E	M21E				
2	12-15	0.90	3				W18E	W20E	W21E	
3	12-15	0.87	3	M35	M40	M Open				
4	12-15	0.85	3	M45						
5	12-15	0.82	3	M14	M16					
6	12-15	0.80	3	M50						
7	12-15	0.77	3	M55			W35			
8	12-15	0.75	3				W14	W16		
9	12-15	0.70	3	M60			W Open			
10	12-15	0.65	3				W40	W45		
11	12-15	0.62	3	M65			W50			
12	12-15	0.60	3	M70			W55	W60		
13	12-15	0.50	3	M12	M75	M80	W12	W65	W70	W75
				M85	M90	M95+	W80	W85	W90	W95+
14	12-15	0.50	2	M10			W10			

5.2.1 Course lengths are based on the M21E course being planned such that a top elite-standard competitor would win it in 12 to 15 minutes.

### 5.3 Notes on the courses table

5.3.1 The tables also provide guidance on the course length ratio (CLR) likely to be appropriate to achieve the estimated winning time for each class.

5.3.2 Planners should note that CLR's refer to course lengths which are "corrected" for height climb by adding 0.1 km for every 20m of climb. Note that this differs from the correction needed for "forest" courses.

5.3.3 The nature of Technical Difficulty in Sprint terrain means that it is quite natural for younger juniors to share the same course as older adults.

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

### 5.4 Course length ratios for TD3 courses at the JK Sprint Distance Championships

M21	1.00	W21	0.82	W18	0.70	M65	0.64	W65	0.48
M35	0.92	M50	0.82	M60	0.70	W50	0.63	W70	0.42
M20	0.92	M14	0.80	M12	0.70	W12	0.62	M80	0.41
M18	0.90	M55	0.77	W40	0.69	W55	0.58	W75	0.35
M40	0.89	W10	0.73	W45	0.67	M70	0.57	M85+	0.32
M45	0.86	W35	0.71	W16	0.67	W60	0.53	W80	0.28
M16	0.84	W20	0.71	W14	0.65	M75	0.50	W85+	0.19