Competition Rule G: Jan Kjellström Individual Orienteering Championships

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CHANGE SHEET

TITLE: Competition Rule G: Jan Kjellström Individual Orienteering Championships

DESCRIPTION OF CHANGE

VERSION	DATE	SECTION	DESCRIPTION
2.7	01/01/2020	1.2 Format	1.2.3: Modified to incorporate the option of either middle or long distance courses for non-elite classes on the first day of the Individual Championship competition. 2.3.1 Incorporates clause on total time from Competition Rule Ga 2.3.1 and splits JK Medals into a separate clause 2.3.1 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 5.1.1: Made reference to Partnership Agreement conditional 6.1.2: Clarified terrain characteristics and made reference to days consistent with previous references 7.1.8 Replaced reference to a specific day Deleted the text box contents relating to map scales, which are covered in (the revised) Appendix D Changed section heading to replace a specific day with a race type 7.3.1 Changed heading to clarify that the table applies only to long distance courses. Added Competition Rule Ga as clause h to text box. This refers to JWOC based winning times for M/W 18 – 20E. Inserted a Course table for non-Elite Middle-distances classes Inserted new heading for the Long course table and deleted map scale column to avoid conflict with Appendix D Deleted clause (g), which duplicates text appearing immediately before the table. Now refers to all middle distance courses, not just the two Elite (middle) courses and incorporates guidance for the short course ratio from Competition Rule Ga 8.1.1
2.8	01/01/2024	3.3 Elite course requirements 5.2 and 5.3 Courses tables 5.4 and 5.5	This section is new and is based on current practice regarding elite selection and seeding The courses tables for Middle and Long have been reconstructed to take into account equal winning times for men and women (Long only) and to confirm winning times for under 21s in the Middle race Added to assist planners who need to combine classes on courses in a different way
2.9	01/01/2025	1.2 Format 5.1, 5.2 & 5.3 Courses	Classes extended up to M/W95+. Updated for M/W95+.
2.10	01/01/2026	1.2.3 and 5.4.15 3.3.11 5.2 5.3	Red course added to replace M/W21N if terrain is suitable. Long Distance race start times if Medium race voided. Revised Middle Distance EWT for 18s and 20s based on request for a distance suitable as a test for JWOC. Long Distance race section updated with revised (reduced) EWTs for older age classes. M/W21L and S courses have also been shortened and now align with M/W35. A new course table is therefore provided and accompanying paragraphs amended where relevant.

Competition Rule G: Jan Kjellström Individual Orienteering Championships

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

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 Individual Orienteering Championships consist of two daylight forest terrain races, a Middle Distance race followed by a Long Distance race, held over the Easter weekend to determine the JK Individual Champions in age classes M/W10 to M/W95(+). The total time for the two days is used to determine each competitor's final position.

1.2.2   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/.

1.2.3   Pre-entry and entry on the day non-championship courses must be provided. Appropriate courses may be White, Yellow, Orange, Light Green, Red (if terrain is suitable), and String / Off String.

1.2.4   The non-Championship courses are not subject to all of the requirements of a level A event or these Competition Rules.

1.3   Administration

1.3.1   The JK Individual 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 Individual 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   Full details of all the requirements of a level A event are contained in the British Orienteering Rules of Orienteering and supplemented by these rules.

1.3.5   The exact details of responsibility are set out in the Partnership Agreement, if applicable.

1.3.6   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.

Competition Rule G: Jan Kjellström Individual Orienteering Championships

2.3 Trophies and/or medals

2.3.1 JK Trophies will be awarded to the winners of the highest category (E, L or A) in each age class based on the competitor's total time for the two days. JK Medals, if applicable, are to be awarded to the first, second and third placed competitors in these age classes.

2.3.2 Competitors are only eligible for Trophies and/or 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

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 (S) 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 Unless otherwise agreed with the JK Organiser the start period for days 2 and 3 is to be 4 hours each day.

3.2.2 A timed start must be used for all Championship course competitors.

3.2.3 The start time interval must not be less than one minute for non-Elite age classes. Seeded competitors must be scheduled to start two minutes apart for the Middle Distance race and three minutes apart for the Long Distance race.

3.2.4 Seeding and selection must be carried out as specified in Appendix A: Event systems.

3.2.5 Drinks points/ refreshment: Any course with a winning time over 75 minutes must have water provision at least once (ideally between 50-70% of the course distance). Water should be provided in pre-poured cups. Other refreshments (such as sports drink) can be provided at the organiser's discretion.

Competition Rule G: Jan Kjellström Individual Orienteering Championships

3.3 Elite course requirements

3.3.1 Start lists for the Middle Distance races will be prepared as outlined in A3.3 (WRE courses) and A3.4 (non-WRE courses) of Appendix A: Event systems.

3.3.2 M18E and M20E compete on the same course in the Middle and Long Distance races; ditto for W18E and W20E.

3.3.3 There may be selection of runners in the Elite classes (M/W18, 20, 21). This is carried out as specified below if required.

3.3.4 A ranking of Elite competitors for each course is carried out as specified in section A3.2 or A3.3 of Appendix A: Event systems

3.3.5 For each Elite course, the standard start interval allows for 121 places to be available in the Middle Distance race and 81 places to be available in the Long race.

3.3.6 In practice this means that if there are more than 81 entrants to any Elite course for the Long race, either the organisers will choose to extend the total start period or selection will be required with separate 'Elite1' and 'Elite2' classes and courses being provided.

3.3.7 In the case of a particularly large entry, an extended start period and selection may both apply.

3.3.8 If selection is required and entry numbers for the Middle Distance race can be accommodated on a single course, selection for the Long Distance race is carried out using the results of the Middle Distance race:

- The top-placed 81 competitors (who have also entered for the Long race) are allocated a place on the relevant Long race course, and placed in the 'Elite1' class for their age category.
- The remaining competitors for that course should be allocated to a parallel 'Elite 2' class for their age category.

3.3.9 If entry numbers on any course for the Middle Distance race exceed 121 (or any extended course capacity that the organiser is able to make available), then selection is carried out once entries close and before preparing the start lists. In this case:

- The top 81 ranked runners entered for both the Middle and Long Distance races are placed in the 'Elite1' class for the Middle race, along with any other runners who are ranked within that group but who have not entered the Long race.
- All other runners are placed in the 'Elite2' class. All runners run the same Elite1 or Elite2 class for both Middle and Long.

3.3.10 The start interval for the Elite classes running the Middle Distance race must be two minutes.

3.3.11 The start interval for the Elite classes running the Long Distance race must be three minutes, with start times allocated in the reverse order of the Middle Distance results, e.g. the day 1 leader starts at the latest start time allocated to the respective Elite class. As specified in 3.3.2, the 18/20 classes are treated as a single class for the purposes of allocating start times for the Long. Should no results be available from the Middle Distance race then the same start order must be used for the Long as was used for the Middle. This may require lower ranked runners in the Elite1 class in the Middle race to be moved to the 'Elite2' class for the Long race.

3.3.12 Competitors who did not complete the Middle Distance race will start first in the Long race in the following order: DNS, DNF, DQ, i.e. competitors who didn't start the Middle Distance race will be the first starters. These competitors are placed in the 'Elite2' class if the entrants have been split between an 'Elite1' and 'Elite2' category.

3.3.13 WREs must follow IOF Rules regarding drinks/refreshment points.

4   Map and terrain

4.1   Quality of terrain:

4.1.1   The terrain must be generally runnable and of good technical quality.

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   Although it may not be possible to provide forested, intricate contour detail, every effort to increase the technical content of the courses should be made e.g. by using different terrain types in the same area. Variations between different parts of the country are inevitable.

- Middle race for all Classes: the area should allow for winning time for M21E of 30 – 35 mins without undue repetition (although this might be reduced for an area of exceptional technical merit).
- Long race for all classes: The area should allow for an M21E course with a winning time of 90 minutes without undue repetition (although this might be reduced for an area of exceptional technical merit).
- At least 50%, and preferably considerably more, of the area which the longer courses use should be reasonably runnable, and at least 75% for the shorter courses (i.e. the majority of the competition should avoid the need for long track runs).
- The area should not be so steep that the total climb on any course is more than 5% of the course length (i.e. not more than an average of 50m climb per km of course length).
- Where several small areas are linked, the total amount of marked route should not exceed 10% of the total course length.

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   See tables below (separate tables for Middle and Long) for suggested course/class combinations. They have been drawn up on the assumption that there are 3000 competitors competing in a four hour start span. Class combinations may be varied where circumstances dictate this. 5.5 and 5.6 may assist with any amendment of class combinations.

5.2   Table for JK Middle courses

5.2.1   The Estimated Winning Time in minutes for each age class is as follows:

EWT	Classes
30-35	All classes M/W21 and older
25-30	M/W20, M/W18
20-25	M/W16, M/W14, M/W12, M/W10

Competition Rule G: Jan Kjellström Individual Orienteering Championships

5.2.2   Course table.

Course lengths are based on the M21E course being planned such that a top elite- standard competitor would win it in 30 to 35 minutes.

	CLR	TD	Men's courses	Women's courses
1	1.00	5	M21E1	
2	1.00	5	M21E2 M35L	
3	0.82	5		W21E1
4	0.82	5	M50L M21L	W21E2
5	0.77	5	M18E M20E	
6	0.61	5	W18E W20E	
7	0.87	5	M40L M45L	
8	0.77	5	M55L	
9	0.70	5	M60L	W35L
10	0.68	5		W40L W45L W21L
11	0.64	5	M65L	W50L
12	0.59	5	M16A M35S M40S M45S	W55L
13	0.57	5	M70L M18L M20L M21S M50S	
14	0.52	5	M75L M55S	W60L W35S
15	0.48	5	M60S	W16A W65L W40S W45S
16	0.42	5	M80L M65S	W70L W18L W20L W21S W50S
17	0.35	5	M18S M20S M70S M75S	W75L W55S W60S W65S
18	0.30	5	M85 M80S	W80L W18S W20S W70S
19	0.19	5	M90 M95	W85 W90 W95 W75S W80S
20	0.56	4	M14A M16B	
21	0.46	4		W14A W16B
22	3.5km	3	M12A M14B	W12A W14B
23	2.5km	2	M10A M12B	W10A W12B
24	2.0km	1	M10B	W10B

Competition Rule G: Jan Kjellström Individual Orienteering Championships

5.3 Table for JK Long courses

5.3.1 The Estimated Winning Time in minutes for each premier age class is as follows:

EWT	Classes
90	M/W21E
70	M/W18E, M/W20E, M/W35L, M/W40L
65	M/W45L
60	M/W50L
55	M/W55L to M/W75L
50	M/W16A, M/W80L, M/W85
45	M/W90
40	M/W14A
30	M/W12A
22	M/W10A

5.3.2 Course table.

Course lengths are based on the M21E course being planned such that a top elite-standard competitor would win it in 90 minutes.

course no.	CLR	TD										
1	1.00	5	M21E1									
2	1.00	5	M21E2									
3	0.82	5						W21E1				
4	0.82	5						W21E2				
5	0.72	5	M20E	M18E								
6	0.68	5	M21L	M35L	M40L							
7	0.61	5	M45L									
8	0.55	5						W18E	W20E			
9	0.54	5	M50L	M20L				W35L	W40L	W21L		
10	0.48	5	M16A	M55L	M18L	M21S	M35S	W45L				
11	0.43	5	M60L	M40S	M45S			W50L	W20L			
12	0.39	5	M65L	M20S	M50S			W16A	W18L	W21S	W35S	W40S
13	0.35	5	M70L					W55L				
14	0.32	5	M75L	M18S	M55S			W60L	W45S			
15	0.28	5	M60S	M65S				W65L	W20S	W50S		
16	0.23	5	M80L	M70S				W70L	W18S	W55S	W60S	
17	0.18	5	M85	M75S	M80S			W75L	W80L	W65S	W70S	
18	0.11	5	M90	M95				W85	W90	W95	W75S	W80S
19	0.36	4	M14A	M16B								
20	0.29	4						W14A	W16B			
21	4.5km	3	M12A	M14B				W12A	W14B			
22	3.5km	2	M10A	M12B				W10A	W12B			
23	2.5km	1	M10B					W10B				

Competition Rule G: Jan Kjellström Individual Orienteering Championships

5.4 Notes on the course tables

5.4.1 Where an Elite course is oversubscribed by having too many competitors for the available "slots" on the Long Distance day, it may be split into parallel 'Elite1' and 'Elite2' courses as described in 3.3.9 above. 3.3.9 also describes the circumstances under which the relevant Middle course may also need to be split into parallel 'Elite1' and 'Elite2' classes.

5.4.2 For each age class and course (E/L/S/A/B) the course length ratio (CLR) should, and the technical difficulty of the course must, be as specified in the table.

5.4.3 The tables also provide guidance on the CLR likely to be appropriate to achieve the estimated winning time for each (premier) course.

5.4.4 Men's and Women's winning times are the same for a given (premier) age class.

5.4.5 A and B courses must be offered for M/W10, M/W12, M/W14, and M/W16 classes. In each class the B course must be technically easier than the A course.

5.4.6 Planners should note that course length ratios (CLR) refer to course lengths which are "corrected" for height climb (by adding 0.1 km for every 10m of climb).

5.4.7 Estimated Winning Times (EWT) are provided as guidance only in order to give some indication to competitors of the time that the fastest competitor in each premier age class should be capable of achieving. Where several age classes run on a single course there may be some variation in the EWT.

5.4.8 Long (L) and Short (S) courses must be offered for all M/W18 to M/W80 classes. Only a Long course is to be offered for M/W/85,90,95.

5.4.9 The Short course must be of the same technical difficulty as the Long course and about 2/3rds the length of the Long course. Where there is also an Elite course, the Long course is about 70% of the E length. CLRs have been set in order to achieve this.

5.4.10 Elite classes must be offered for M/W18, M/W20 and M/W21.

5.4.11 Middle: M/W 20/18E have an EWT of 25 to 30 minutes (to be a suitable test for JWOC Middle). This means that M/W16A also has the same EWT to avoid having longer courses.

5.4.12 Long: M/W 20/18E have an EWT of 70 mins (to be in line with JWOC Long).

5.4.13 Where possible the Elite classes should have separate start blocks from non-Elite classes to avoid interference.

5.4.14 Note that course 18 need only be provided if there are entries for the classes concerned. The shortness of this course means that it may not be possible to plan it from the competition Start(s), in which case an extra Simple start should be planned, manned by one official, and lasting for a very short period of time.

5.4.15 Non-Championship colour-coded courses must be provided. Appropriate colours are White, Yellow, Orange and Light Green, plus Red if the terrain is suitable.

5.4.16 The Championship courses must not be compromised by any colour-coded courses. It is recommended that these are not the same courses as those used for the main event. If the same courses are used, then set the groups off in separate start blocks.

5.4.17 The combining of junior classes must take into account the course lengths and their TD.

5.4.18 For the courses of TD1-3 (courses 21 - 23) it is important that the course is of the correct Technical Difficulty. It will often be the case that the nature of the terrain means the use of course length ratios is inappropriate (competitors are mostly on paths and not in the terrain) so course lengths "corrected" for height climb are given instead.

5.4.19 On this basis the combinations of junior classes shown give the minimum number of courses which can be provided.