

Competition Rule G: Jan Kjellström Individual Orienteering Championships

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	<p>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.</p> <p>2.3.1 Incorporates clause on total time from Competition Rule Ga 2.3.1 and splits JK Medals into a separate clause</p> <p>2.4.1 Inserted "for each day" per Competition Rule Ga</p> <p>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</p> <p>5.1.1: Made reference to Partnership Agreement conditional</p> <p>5.2.5 Removed the reference to a specific day</p> <p>5.2.6 Removed the reference to a specific day</p> <p>6.1.2: Clarified terrain characteristics and made reference to days consistent with previous references</p> <p>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</p> <p>7.1.8 Replaced reference to a specific day</p> <p>Deleted the text box contents relating to map scales, which are covered in (the revised) Appendix D</p> <p>Changed section heading to replace a specific day with a race type</p> <p>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.</p> <p>Inserted a Course table for non-Elite Middle-distances classes</p> <p>Inserted new heading for the Long course table and deleted map scale column to avoid conflict with Appendix D</p> <p>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</p> <p>7.1.7: Allow for a 10% course length reduction for non-elite courses on both days if day 1 is a long-distance race for non-elites.</p>
2.8	01/01/2024	3.3 Elite course requirements 5.2 and 5.3 Courses tables 5.4 and 5.5	<p>This section is new and is based on current practice regarding elite selection and seeding</p> <p>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</p> <p>Added to assist planners who need to combine classes on courses in a different way</p>
2.9	01/01/2025	1.2 Format 5.1, 5.2 & 5.3 Courses	<p>Classes extended up to M/W95+.</p> <p>Updated for M/W95+.</p>

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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 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 and Orange and Light Green (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 females - see British Orienteering Trans Competition policy.

2.2 Shadowing

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

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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 be no less than one minute for non-Elite age classes. Seeded competitors must be scheduled to start two minutes apart for a Middle Distance race and three minutes apart for a 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 shall 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.

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3.3 Elite course requirements

- 3.3.1 Start lists for the Middle Distance races will be prepared as outlined in 3.3 (non-WRE courses) and 3.4 (WRE courses) of Appendix A: Event systems.
- 3.3.2 M18E and M20E compete on the same course in the Middle and Long 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 sections 3.3.1 to 3.3.4 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 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 race can be accommodated on a single course, selection for the Long Distance race is carried out using the results of the Middle 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 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 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 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
- 3.3.12 Competitors who did not complete the Middle Distance race will start first in the Long race with the following priority: DQ, DNF, DNS 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.

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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.

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5.2 Table for JK Middle courses

	EWT	CLR	TD	Men's courses					Women's courses							
1	30-35	1.00	5	M21E1												
2	30-35	1.00	5	M21E2	M35L											
3	30-35	0.82	5									W21E1				
4	30-35	0.82	5	M50L	M21L							W21E2				
5	20-25	0.63	5	M18E	M20E											
6	20-25	0.49	5	W18E	W20E											
7	30-35	0.87	5	M40L	M45L											
8	30-35	0.77	5	M55L												
9	30-35	0.70	5	M60L								W35L				
10	30-35	0.68	5									W40L	W45L	W21L		
11	30-35	0.64	5	M65L								W50L				
12	20-25/30-35	0.59	5	M16A	M35S	M40S	M45S					W55L				
13	30-35	0.57	5	M70L	M18L	M20L	M21S	M50S								
14	30-35	0.52	5	M75L	M55S							W60L	W35S			
15	20-25/30-35	0.48	5	M60S								W16A	W65L	W40S	W45S	
16	30-35	0.42	5	M80L	M65S							W70L	W18L	W20L	W21S	W50S
17	30-35	0.35	5	M18S	M20S	M70S	M75S	M21V				W75L	W55S	W60S	W65S	
18	30-35	0.30	5	M85	M80S							W80L	W18S	W20S	W70S	W21V
19	30-35	0.19	5	M90	M95							W85	W90	W95	W80S	
20	20-25	0.56	4	M14A	M16B											
21	20-25	0.46	4									W14A	W16B	Light Green		
22	20-25	4km	3	M12A	M14B							W12A	W14B	Orange		
23	20-25	3km	2	M10A	M12B							W10A	W12B	Yellow		
24	20-25	1.00	1	M10B								W10B		White		

5.2.1 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.

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5.3 Table for JK Long courses

	EWT	CLR	TD	Men's courses				Women's courses						
1	90	1.00	5	M21E1										
2	90	1.00	5	M21E2										
3	90	0.82	5							W21E1				
4	90	0.82	5	M21L						W21E2				
5	70	0.71	5	M18E	M20E									
6	70	0.70	5	M35L	M40L					W21L				
7	65/60	0.61	5	M18E*	M45L	M50L								
8	70	0.55	5							W18E	W20E			
9	70/65	0.55	5	M55L						W35L	W40L			
10	65	0.51	5	M60L	M20L	M21S								
11	65/60/50	0.47	5	M16A	M18L	M35S	M40S			W18E*	W45L			
12	65/60	0.44	5	M65L						W50L				
13	65	0.42	5	M45S	M50S					W55L	W21S			
14	65/60	0.38	5	M70L						W60L	W20L			
15	50	0.37	5	M55S	M60S	M21V				W16A	W18L	W35S	W40S	
16	60	0.32	5	M75L	M18S	M20S				W65L	W45S	W50S		
17	60	0.28	5	M80L	M65S	M70S				W70L	W20S	W55S	W60S	W21V
18	60	0.21	5	M85	M75S	M80S				W75L	W80L	W18S	W65S	W70S
19	60	0.13	5	M90	M95					W85	W90	W95	W75S	W80S
20	40	0.36	4	M14A	M16B									
21	40	0.29	4							W14A	W16B			
22	30	4.5km	3	M12A	M14B					W12A	W14B			
23	22	3.5km	2	M10A	M12B					W10A	W12B			
24		2.5km	1	M10B						W10B				

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

5.4 Notes on the courses 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.

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- 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. These are indicated by appropriate colour coding in the table.
- 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 4/5ths of the E length. CLR's 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 20 to 25 minutes (to be in line with 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 normally have an EWT of 70 mins (to be in line with JWOC Long) but 60 mins may occasionally be specified, in which case they appear above with an asterisk, e.g. M18E*
- 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 19 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 and Orange and Light Green.
- 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 22 - 24) 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.

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5.5 Course length ratios for all TD5 courses at the JK Middle Distance Championships

M21E	1.00	M18E	0.62	W65L	0.48	W60S	0.36
M35L	0.92	M35S	0.62	W35S	0.48	W75L	0.35
M40L	0.89	M40S	0.60	W16A	0.47	M20S	0.34
M45L	0.86	M16A	0.59	M60S	0.47	M75S	0.34
W21E	0.82	W55L	0.58	W40S	0.46	M18S	0.33
M50L	0.82	M45S	0.58	W45S	0.45	W65S	0.32
M21L	0.80	M70L	0.57	W21S	0.44	M85	0.32
M55L	0.77	M50S	0.55	M65S	0.43	W21V	0.29
W35L	0.71	M21S	0.54	W50S	0.42	W70S	0.28
M60L	0.70	W60L	0.53	W70L	0.42	W80L	0.28
W40L	0.69	M55S	0.52	M80L	0.41	W20S	0.26
W45L	0.67	M20L	0.51	W20L	0.39	W18S	0.26
W21L	0.66	M18L	0.50	W18L	0.39	M90+	0.21
M20E	0.64	M75L	0.50	W55S	0.39	W85	0.19
M65L	0.64	W20E	0.49	M70S	0.38	W90+	0.13
W50L	0.63	W18E	0.48	M21V	0.36		

5.6 Course length ratios for all TD5 courses at the JK Long Distance Championships

M21E	1.00	M60L	0.51	M55S	0.37	W70L	0.28
W21E	0.82	M20L	0.49	W16A	0.37	M80L	0.27
M21L	0.80	W45L	0.48	W18L	0.37	W60S	0.26
M35L	0.72	M18L	0.48	W35S	0.37	M70S	0.25
M20E	0.72	M35S	0.48	M21V	0.36	W20S	0.25
M18E	0.70	M16A	0.47	W40S	0.36	W18S	0.25
M40L	0.69	M40S	0.46	M60S	0.34	W75L	0.23
W21L	0.66	W50L	0.46	M75L	0.33	M75S	0.22
M45L	0.62	W21S	0.44	M20S	0.33	W65S	0.21
M50L	0.59	M65L	0.43	W45S	0.32	M85	0.21
M55L	0.56	W55L	0.42	M18S	0.32	W70S	0.19
W20E	0.55	M45S	0.42	W65L	0.32	W80L	0.19
W35L	0.55	M50S	0.40	W50S	0.30	M90+	0.15
W18E	0.54	W60L	0.38	W21V	0.29	W85	0.13
M21S	0.54	W20L	0.38	M65S	0.29	W90+	0.10
W40L	0.54	M70L	0.38	W55S	0.28		