

Competition Rule G: Jan Kjellström Individual Orienteering Championships

These Rules are to be used in conjunction with the British Orienteering Rules of Orienteering and Appendices. Where these Rules vary or supplement British Orienteering Rules of Orienteering, then these Competition Rules will take precedence.

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 held on Easter Saturday and Sunday. Runners must compete as individuals in age classes. The total time for the two days is used to determine each competitor's final position.
- 1.2.2 If the Championships are designated as a World Ranking Event (WRE) by the IOF then IOF Rules will apply, but only to competitors running the two Elite courses.
- 1.2.3 Pre-entry and entry on the day non-championship courses must be provided.

- a) The Elite classes have a middle distance course on day 1 and a long distance course on day 2. All other classes have a long distance course on each day.*
- b) The IOF Rules are to be found on the IOF website at www.orienteering.org.*
- c) The non-championship courses are not subject to all the requirements for a level A event or all the provisions in 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 Events and Competitions Committee.

- a) 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.*
- b) The exact details of responsibility are set out in the Partnership Agreement.*
- c) 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.*

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2. Competition and eligibility

2.1 Eligibility

2.1.1 All championship class competitors must be either a member of British Orienteering, or a member of an IOF affiliated Federation.

- a) There may be selection and/or seeding of runners in the Elite classes (M/W18, 20, 21).*
- b) 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.*

2.2 Shadowing

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

2.3 Trophies/medals

2.3.1 JK Trophies will be awarded to the winners of the highest category (E, L or A) in each age class. 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.

- a) Full details of the British Orienteering Ranking scheme are contained in a separate Competition Rule on the British Orienteering website*
- b) For a World Ranking Event results for the Elite classes are required to 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*

2.6 Embargo

2.6.1 For level A championship classes, competitors must declare themselves non-competitive if their acquaintance with the terrain would give them substantial advantage over other competitors. Nothing that occurred more than 24 months before the date of the event will be taken into account.

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3. Safety

- 3.1.1 Event Officials must refer to the British Orienteering Rules of and Appendix E: Event safety for detailed information on the required and recommended safety and risk management procedures.

4. Officials

- 4.1.1 Co-ordinator: to be appointed by the Organising Body, confirmed by the relevant Association and approved by Events and Competitions Committee.
- 4.1.2 Organiser and Planner: to be appointed by the Organising Body, confirmed by the relevant Association and approved by Events and Competitions Committee.
- 4.1.3 Controller: grade A controller to be appointed by Events and Competitions Committee
- 4.1.4 If the event is a WRE, a separate IOF Licensed Adviser must be appointed. They

- a) *British Orienteering Rules of Orienteering and Appendix C: Event officials contain full details on the requirements for Event officials at level A events.*
- b) *The IOF Licensed Adviser should usually be a different person from the British Orienteering controller, even if they are qualified for this role.*
- c) *Other Advisers should be appointed as appropriate. This may include Mapping, Elite, Environment. Appointment to be made by Events and Competitions Committee.*

5. Organisation

5.1 General

- 5.1.1 Full details of the requirements for a level A event are covered in the British Orienteering Rules of Orienteering and the Partnership Agreement.

5.2 Additional requirements

- 5.2.1 Seeding for non-elite classes must be carried out as specified in Appendix A: Event systems.
- 5.2.2 Seeding and selection, if required, for the Elite classes must be carried out as specified in Appendix A: Event systems.
- 5.2.3 There must be a timed start for all competitors on the Championship courses.
- 5.2.4 The start interval for the Elite classes running the Middle distance race on the Saturday must be two minutes.
- 5.2.5 The start interval for the Elite classes running the Long distance race on the Sunday must be three minutes, with start times allocated in the reverse order of the day 1 results. E.g. the day 1 leader starts at the latest start time allocated to the respective Elite classes.

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5.2.6 The Start time interval must be 1 minute for all other age classes.

6. Map and terrain

6.1 Quality of terrain

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

6.1.2 A grade A Controller appointed by Events and Competitions Committee must assess the suitability of the venue before the event is confirmed.

- a) *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.*
- b) *As a guide, the area should meet the following requirements:*
- *Day 2, the area should allow a (hypothetical) M21E course with a winning time of 67 minutes without undue repetition (although this might be reduced for an area of exceptional technical merit). Day 2 terrain is also to be suitable for Middle distance courses.*
 - *Day 3, the area should allow 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.*
- c) *The Controller's report should confirm that all of the requirements for a level A event can be met.*

6.2 Map

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

6.2.2 The map must be drawn to the latest IOF Specification (IOSM).

6.3 Map scales

6.3.1 The required map scales stated below are subject to the provisions in Schedule 1, Appendix D Mapping.

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- 6.3.2 The map scale for the Long distance races on Day 2 for age classes M/W18 to M/W40 must be 1:15,000.
- 6.3.3 The map scale for the Middle distance races on Day 2 for the Elite classes must be 1:10,000, drawn with lines, line screens and symbol dimensions 50% greater than those used for 1:15,000 maps.
- 6.3.4 The map scale for the Long distance races on Day 3 for all age classes M/W18 to M/W40 must be 1:15,000.
- 6.3.5 On both days the map scale for age classes M/W45 and above, and for age classes M/W16 and below, must be 1:10,000, drawn with lines, line screens and symbol dimensions 50% greater than those used for 1:15,000 maps.

a) Note that it is acceptable for the 1:10,000 map scale to be used for a Short class in the M/W18 to M/W40 age range when this is run on the same course as the Long class of an older age group.

6.4 Map printing

- 6.4.1 The map must be printed by an accredited printer.
- 6.4.2 The British Orienteering JK map template must be used.
- 6.4.3 All maps must be offset litho. printed unless agreed otherwise.

7. Course planning

7.1 Courses

- 7.1.1 Courses are to be provided for the following range of age classes: M/W 10 to M/W 85. (M/W90 when requested).
- 7.1.2 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.
- 7.1.3 Long (L) and Short (S) courses must be offered for all M/W18 to M75 & W70 classes. Only a Long course is to be offered for M80/85/90 and W75/80/85/90.
- 7.1.4 Elite (E) courses must be offered for M/W21, M/W20, & M/W18 age classes. If possible the Elite classes should have separate control sites from non-Elite classes to avoid interference.
- 7.1.5 Non-championship colour coded courses must be provided.
- 7.1.6 The age class competition must not be compromised by any colour coded courses.

- a) Appropriate colours may be White, Yellow, Orange and Long Orange.*
- b) It is recommended that these are not the same courses as those used for the main event. If the same courses are used then they should be set off in separate start blocks.*

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- 7.1.7 As the JK Individual Orienteering Championships is a two-day event, the courses for all except the Elite classes must be 10% shorter than recommended for Area Championship Events.
- 7.1.8 The Sunday race for M/W21E, M/W20E & M/W18E must be a full length Long Distance race, with no 10% reduction.

7.2 Class combinations

- 7.2.1 The combining of junior classes must take into account not only the course lengths but more importantly the Technical Difficulty. On this basis the combinations of junior classes shown give the minimum number of courses which can be provided.

- a) *Note that it is acceptable for the 1:10,000 map scale to be used for a Short class in the M/W18 to M/W40 ages range when this is run on the same course as the Long class of an older age groups.*
- b) *However the numbers of competitors typically running on similar length courses on the different map scales sometimes makes it impractical to use the same course for both sets of age classes.*

7.3 Saturday Elite classes

Course	Classes	TD	Winning time (mins)
1	M21E, M20E, M18E	5	30 - 35
2	W21E, W20E, W18E	5	30 - 35

- 7.3.1 The (corrected) course length ratio of course 2 to course 1 is to be 0.79. The two courses are to be planned according to the generic Middle distance guidance in Appendix B: Course planning.

The following course table shows all classes except Elite on day 2; Day 3 all classes including Elite (*). This table has been drawn up on the assumption that there are 3000 competitors competing in a four hour start span and class combinations may be varied where circumstances dictate this.

Course	EWT/min	CLR	TD	scale	classes
1	90-100	1.00	5	15	M21E
2		0.73	5	15	M21L
3	65-75	0.68	5	15	M18E M20E M35L
4	60-65	0.65	5	15	M40L
	70-80				W21E
5		0.46	5	15	M18L M20L M21S W21L
6	55-65	0.45	5	15	W18E W20E W35L W40L
7		0.31	5	15	M18S M20S M21V W18L W20L W21S

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length ratios is inappropriate (competitors are mostly on paths and not in the terrain) so “corrected” course lengths are given instead.. Also, these courses should not be made harder than usual “because it’s the JK”.

- e) *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 EWTs.*
- f) *Estimated Winning Times for courses M21E and W21E courses 1 and 4 apply to Day 3 only and appear in italics to emphasise this.*
- g) *This Table has been drawn up on the assumption that there are 3000 competitors competing in a four hour start span and class combinations may be varied where circumstances dictate this.*
- h) *Courses for M/W90 have been included from January 2014. Note that course 22 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 other 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. The compromise of laser printing on this course is acceptable.*