

# **GUIDELINE 1: GUIDELINE FOR C2 LONG DISTANCE OR 'CLASSIC' COMPETITIONS (NATIONAL AND REGIONAL CHAMPIONSHIPS, AND OTHER MAJOR COMPETITIONS)**

## **G1.1 INTRODUCTION**

Long Distance or 'Classic' orienteering events should test all orienteering techniques as well as speed and physical endurance.

## **G1.2 THE PROFILE**

The attribute of Long Distance cross country orienteering is that it takes place in forested and/or open terrain of the required technical standard. It is not suitable for urban environments. The aim of the Planner should be to test the ability of competitors to read and interpret the map, to evaluate and make efficient route choices, to use a compass, to concentrate, to make quick decisions, and to navigate whilst undertaking physically demanding exercise.

The competitions are held in daylight. Competitors take part in age classes that have designated recommended winning times; Course Length Ratios that determine course lengths; and technical and physical standards.

It is an Open competition of C2 status where an individual, family, or group member of an IOA or NIOA affiliated club, or a member of a club affiliated to another IOF member Federation, may take part.

## **G1.3 RESPONSIBILITY**

Registered C2 competitions are organised by regional associations, or by IOA or NIOA affiliated clubs. In the case of the Irish Championships, the event is rotated through the four regional associations, who will select or invite clubs to tender to stage the event in their region. In the case of the regional Championships, the regional association will select a club to stage them, or again this may be done by

rota. The organising club shall take financial responsibility for the competition unless prior agreement has been reached with the Irish Orienteering Association or a regional association.

The organising club of a competition shall appoint an Organiser who shall be responsible for all aspects of the competition up to the start line and from the finish line; and a Planner who shall be responsible for all aspects of the competition from the start line to the finish line. (Rule R5.1.1)

It shall be held under the Rules, Appendices, and Guidelines of the Irish Orienteering Association.

## G1.4 OFFICIALS

Given the importance of these events, the Organiser and Planner should have considerable experience in these roles ideally with previous C2 events, or with larger C3 events.

The Controller shall be a [Senior](#) IOA Certified Event Controller, or a BOF Grade A, or B Controller who is a member of an NIOA affiliated club. They shall be appointed by the IOA Executive Committee and shall belong to a different club from the organising club. Any variation in this shall be agreed by the Controller of Technical Standards.

The Controller shall:-

- 1) Approve the maps, confirming that they meet the IOF ISOM standards, and are of the predetermined scales as detailed in paragraph G1.8 of this Guideline.
- 2) Approve the required planned courses, ensuring that they are fair, and adhere to the standards as detailed in this Guideline.
- 3) Approve every control site by visiting each in the terrain, and each control description.
- 4) Approve the placement of control flags at each control site.
- 5) Approve the printing and production of the competitors' maps and the control description sheets.
- 6) Ensure that the organisation of the event is appropriate for its status.
- 7) Review the Risk Assessment carried out by the Organiser and Planner, the safety measures, and the contingency plans.
- 8) Be present throughout the event.
- 9) Ensure that the event is held in accordance with the IOA Rules and Guidelines.

No more than 3 weeks after the event the Controller shall send a report to the Controller of Technical Standards. It should include any significant features of the event, and details of any voided courses, complaints or protests.

## **G1.5 ORGANISATION**

The organisation should be sufficient to cope with the number of competitors expected to attend the event. Particular care is needed in finding a suitable car park and assembly area. Events of C2 status should normally provide:-

1. An event website for information, start lists, results, copies of previous maps, and online entry and payment.
2. The entry closing date as close as possible to the date of the competition but allowing sufficient time for map printing and the preparation of start lists. Rule R10.1.7 states that the final closing date for C2 competitions shall be no earlier than 21 days before the day of the competition, or before the first day of a multi-day event.
3. The start list published at least three days before the competition and be on display at the assembly area and at the start.
4. The issue of control description sheets in the start lanes.
5. Where an area has been used for a previous event, unmarked copies of the map should be on display in the assembly area.
6. The same control format at each control site, with a sample on display at the pre-start.
7. A frequently updated results display.
8. A dignified and prestigious prize giving ceremony.

## **G1.6 RISK ASSESSMENT**

The Organiser and Planner should conduct a risk assessment exercise to identify any potential risks, to consider and implement any mitigating actions that may be required, and to prepare contingency plans to deal with injured or missing competitors or officials. The [Risk Assessment form](#) on the IOA website should be used for this purpose and should be completed by the competition Organiser and Planner, and be checked and signed off by the Controller.

## G1.7 TERRAIN

The terrain should be generally runnable and of a good technical standard. Although it may not be possible to provide intricate contour detail over the whole area, every effort should be made to maximise the technical content of the courses. The area should meet the following requirements:-

- 1) It should be of sufficient size to accommodate the M21E course with a winning time of 95 minutes without undue repetition.
- 2) At least 50%, and preferably considerably more, of the area which the longer courses will use should be reasonably runnable; and at least 75% of the shorter courses.
- 3) The area should not be so steep that the total climb on any course should normally exceed 4% of the shortest sensible route.
- 4) Where several areas are linked, the total amount of marked route should not exceed 10% of the total course length.

## G1.8 THE MAP

The map shall comply with the IOF International Specification of Orienteering Maps (ISOM) and shall be field worked in order for the map to be legible if presented at a scale of 1:15,000.

The map scale for the Elite age classes M/W18E, M/W20E, and M/W21E, shall be 1:15,000.

The map scale for all other age classes shall be 1:10,000, drawn with lines, line screens, and symbol sizes 50% greater than those used for the 1:15,000 scale map.

In complex areas with intricate detail, larger scale maps may be used provided the request to use them is supported by the competition Controller, and prior permission (at least 6 months) has been given by the Controller of Technical Standards. When permission is granted it should be noted on the event website.

The normal contour interval should be 5.0m but for more intricate areas 2.5m contours may be more appropriate.

Competitors' maps shall be protected against moisture and damage.

## **G1.9 EMBARGO**

The competition terrain shall be embargoed as soon as its location is published. The terrain shall not have been used for orienteering for a minimum period of 24 months before the date of the event.

## **G1.10 COURSE PLANNING CONSIDERATIONS**

The course standards and recommended winning times for each age class shall be the predominant influences in planning the courses.

The courses planned shall comply with the standards set down in this Guideline, and be in accordance with the principles of planning as detailed in Appendix A: Course Planning Principles.

The standard of the courses shall be worthy of a championship orienteering event and shall comply with the spirit of fairness. There shall be no doubtful controls, no elements of chance as regards route choice, and no map errors that might influence the result of the competition.

Courses shall be offered for age classes from M/W10 to M/W 85 with Elite courses offered for M/W18, M/W20, and M/W21. Details of the class/course/combinations are contained in paragraph G1.11.

The provision of non-championship classes is at the discretion of the Organiser but the minimum recommended offering is M21L, W21L, Men Long, Women Long, Men Short, Women Short, M18 Short, W18 Short, M16 Short, W16 Short, and Light Green, Orange, and Yellow Colour Coded Courses.

It is also recommended that the Light Green, Orange, and Yellow Colour Coded Courses be made available for entry-on-the-day competitors.

## G1.11 COURSES, CLASS COMBINATIONS, COURSE STANDARDS, RECOMMENDED WINNING TIMES, COURSE LENGTH RATIOS, AND INDICATIVE COURSE LENGTHS AND CLIMBS

### G1.11.1 COURSES FOR CHAMPIONSHIP CLASSES

The detailed standards for all of the age classes are contained in table B below. Based on the recommended winning times for each age class the Adjusted Course Lengths (length plus climb) have been calculated using the average winning running speeds of IOC competitors in the period 2007 to 2016. These are shown in table A below as a guide for Planners.

Table A: Age class IOC winning speeds 2007 to 2016

Age Class	IOC Average Winning Speeds mpk 2007-2016	
	Men	Women
10	7.88	9.15
12	7.36	7.93
14	7.27	7.67
16	6.77	7.52 <sup>#</sup>
18	6.27	7.47
20	6.18	7.24
21	4.98	6.75

Age Class	IOC Average Winning Speeds mpk 2007-2016	
	Men	Women
35	5.73 <sup>#</sup>	7.27
40	6.48 <sup>#</sup>	7.79
45	6.27 <sup>#</sup>	8.09
50	6.47	8.39
55	7.52	9.22
60	8.10	9.47
65	8.90	9.88
70	10.69	11.53
75	13.50	20.00 <sup>#</sup>
80	14.45	20.00 <sup>#</sup>
85	15.00 <sup>#</sup>	20.00 <sup>#</sup>

# Adjusted to expected running speeds

Course Length Ratios have been calculated by dividing the Adjusted Course Length for each class by the base Adjusted Course Length for the M21E class. Classes with similar Adjusted Course Lengths, Course Length Ratios, and standards of technical and physical difficulty have been grouped together to consolidate a number of classes onto one course.

The Adjusted Course Length refers to the actual course length that is adjusted for height climb by adding 0.1km to the course length for every 10m of climb e.g. if the course length of the M21E course is 13.6k and the climb is 550m, the Adjusted Course Length is 19.1k.

The definitions of the grades of technical and physical difficulty are given in Appendix A Course Planning Principles.

The Course Length Ratios should be used to determine the course lengths and climbs for each course. A critical factor in planning the courses that meet the recommended winning times of the various age classes is the base M21E course length and climb. To meet its 95 minute winning target using an assumed winner's running speed of 4.98mpk indicates an Adjusted Course Length of 19.08k that could be provided by a course length of 13.6k and 550m climb. Obviously if the planned climb is less the course length should be increased accordingly.

This exercise is very sensitive to the assumed M21E winning competitor's running speed that in the period since 2007 has varied from 4.68mpk (2015) to 5.73mpk (2013), excluding 2014 where the results were affected by bad weather. Taking these two extremes (in distance terms) the course length in 2015 should have been 2.8k longer than in 2013 and this highlights the sensitivity of course length to the assumed running speed. In arriving at an assumed speed for the M21E course, previous results on the terrain, or similar, should be examined, or alternatively several legs on the prospective course should be run to establish the likely winning running speed. It is very important that the assumed M21E winning speed is correct.

Indicative course lengths, climbs, and gradients are included in the table below purely as a guide for Planners, but the actual course details may be different due to the expected and assumed running speeds (that will be affected by the runnability and physicality of the terrain).

The indicative figures for the M21E and W 21E classes assume a maximum permitted gradient of 4%, with a tapering off of the gradient as competitor ages increase or decrease. If the terrain for the prospective courses offers less climb and hence a lower gradient, course lengths should be increased accordingly.



Table B: Recommended Winning Times, Adjusted Course Lengths, Course Length Ratios, Indicative Course Lengths, and Technical and Physical Standards for the Championship Classes

Course No	Class	Recommended Winning Time (mins)	Adjusted Course Length (k)*	Course Length Ratio	Indicative Course Length (k)	Indicative Course Climb (m)	Indicative Gradient %	Technical Difficulty (1-5)	Physical Difficulty (1-5)
1	M21E	95	19.08	1.00	13.6	550	4.0	5	5
2	M18E	70	11.11	0.58	8.1	300	3.7	5	5
	M20E	70							
	W21E	75							
3	W18E	55	7.48	0.37	5.5	200	3.6	5	4
	W20E	55							
4	M35	75	10.71	0.56	7.9	180	3.5	5	4
	M40	65							
	M45	60							

Course No	Class	Recommended Winning Time (mins)	Adjusted Course Length (k)*	Course Length Ratio	Indicative Course Length (k)	Indicative Course Climb (m)	Indicative Gradient %	Technical Difficulty (1-5)	Physical Difficulty (1-5)
5	M50	55	8.50	0.45	6.3	220	3.5	5	4
6	M16	50	7.39	0.39	5.8	160	2.8	5	4
	W35	55							
7	M55	50	6.42	0.34	4.9	150	3.1	4	4
	M60	50							
	W16	45							
	W40	50							
8	M65	50	5.36	0.28	4.1	120	2.9	5	3
	W45	45							
	W50	45							
9	M70	50	4.68	0.25	3.7	100	2.7	5	3
	W55	45							

Course No	Class	Recommended Winning Time (mins)	Adjusted Course Length (k)*	Course Length Ratio	Indicative Course Length (k)	Indicative Course Climb (m)	Indicative Gradient %	Technical Difficulty (1-5)	Physical Difficulty (1-5)
	W60	45							
	W65	45							
10	M75	50	3.40	0.18	2.75	65	2.4	5	2
	M80	50							
	M85	50							
	W70	45							
11	W75	45	2.25	0.12	1.85	40	2.2	5	2
	W80	45							
	W85	45							
12	M14	35	4.68	0.24	3.6	100	2.8	4	3
	W14	35							

Course No	Class	Recommended Winning Time (mins)	Adjusted Course Length (k)*	Course Length Ratio	Indicative Course Length (k)	Indicative Course Climb (m)	Indicative Gradient %	Technical Difficulty (1-5)	Physical Difficulty (1-5)
13	M12	25	3.15	0.17	2.5	65	2.6	3	2
	W12	25							
14	M10	20	2.29	0.12	1.85	45	2.4	2	2
	W10	20							

\* Calculated by dividing the recommended winning time by the assumed winner's running speed in mpk. The resulting Adjusted Course Length includes an adjustment for climb where 0.1k is added to the actual course length for every 10m of climb.

On a few of the courses, the recommended winning times for some of the age classes vary reflecting the expected different running speeds of the winning competitors.

## G1.11.2 COURSES FOR NON-CHAMPIONSHIP CLASSES

The allocation of these non-championship classes to the courses of the main competition, and their standards should be as follows.

Table C: Non-championship classes

Class	Course No	Indicative Course Length (k)	Indicative Course Climb (m)	Indicative Gradient %	Technical Difficulty (1-5)	Physical Difficulty (1-5)
M21L	4	7.9	180	3.5	5	4
Men Long	5	6.5	220	3.5	5	4
W21L	6	5.8	160	2.8	5	4
Women Long	8	4.1	120	2.9	5	4
Men Short	9	3.7	100	2.7	5	3
Women Short	10	2.75	65	2.4	5	2
M18 Short, W18 Short, M16 Short, W16 Short, Light Green	12	3.6	100	2.8	4	3

Class	Course No	Indicative Course Length (k)	Indicative Course Climb (m)	Indicative Gradient %	Technical Difficulty (1-5)	Physical Difficulty (1-5)
Orange	13	2.5	65	2.6	3	2
Yellow	14	1.85	45	2.4	2	2

Competitors in these non-championship classes shall be started in a separate block either before and/or after the starting block of championship competitors on their course.

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### G1.11.3 ENTRY-ON-THE-DAY COURSES

If offered, these shall be the Light Green, Orange, and Yellow Colour Coded Courses. Competitors on these courses will start in a separate block after the pre-entered competitors.

## **G1.12 ELIGIBILITY TO BE IRISH LONG DISTANCE CHAMPION OR IRISH LONG DISTANCE CLASS WINNER**

Rule 5.5 states that the requirements to be classed as the Irish Long Distance Champion in the M21E and W21E classes, and the Irish Long Distance Class Winner in all other age classes as detailed in paragraph G1.11.1 are:-

- (A) That they are an individual, family, or group member of an IOA or NIOA affiliated club, and
- (B) That they meet either of the following conditions:-
  - (i) they qualify for Irish citizenship through birth, descent, naturalisation, or marriage in accordance with the Nationality and Citizenship Acts 1956 to 2004, or
  - (ii) they have been present on the island of Ireland for at least six out of the twelve months immediately preceding the Championship event.

## **G1.13 START TIME ALLOCATION**

Start time allocation is the responsibility of the Organiser.

Start time allocation shall be carried out in accordance with Rule R10.2 Start Times and Starting Order.

No entries shall be accepted after the published final closing time and date. Entries may be accepted on the day of the competition for the non-championship Light Green, Orange, and Yellow colour coded classes, if offered.

The start window should be a minimum of three hours with a minimum starting interval of three minutes between competitors on the same course. The starting interval for the Elite classes shall be a minimum of six minutes.

For the Elite championship classes (M/W18, 20, & 21), the competitors' start times on each course shall be spread over the entire start window, or most of the start window, with equal starting intervals and no breaks. Their starting order shall be the reverse of the most recent ranking of Irish Elites as determined by the IOA Selection Committee, with the highest ranked competitor starting last. Overseas competitors should be slotted into the starting order based on their IOF Ranking. Un-ranked Irish and Overseas competitors shall be placed at the beginning of the starting order, with their starting order determined by a random ballot.

For Courses 2 and 3 that are shared by several Elite classes, they shall be sub-divided into a sequence of separate age class blocks. On Course 2, the starting order shall be the M18E, W21E, and M20E classes, and on Course 3 it shall be the W18E class followed by W20E. Competitors in each age class block will start with equal start intervals and no breaks.

Where two Elite family members request split start times the lower ranked competitor should be placed in the early start group of un-ranked competitors and their starting time determined by the random ballot for that group. The start time for the second Elite competitor should be determined in the normal manner by the ranking process. If this is unlikely to provide enough time between the first and second competitors, the Organiser could place the first starter at the beginning of the starting order for their course. If the time interval is still judged to be insufficient, the second starter shall be started after the highest ranked Elite competitor but with a time interval double that for the course.

For the non-Elite classes, the competitors' start times on each course shall be spread evenly over the start window but with a vacant slot allocated for competitors who arrive late for their allocated start time after every five pre-entered competitors with at least one slot in every 30 minutes of the start window.

Where entry numbers are small on a particular course the competitors may be spread evenly over a shorter time period within the overall start window.

Competitors in the non-Elite classes should be able to request an early, middle or late start time. At the beginning of the allocation process, competitors who have not requested a particular start block should be allocated evenly to one of the three start blocks by way of a random ballot. Following that a random ballot should determine the starting order within each block, and by amalgamating the three blocks the overall start list for that course will be produced.

Competitors from the same club in the non-Elite classes may not start consecutively. If they are drawn to start consecutively, the next competitor drawn shall be inserted between them. If this happens at the end of the draw the competitor before them shall be inserted between them.

For the entry-on-the-day non-championship colour coded courses the competitors' start times shall be determined by the Start Officials within their allocated start block.



To avoid any interference with competitors on the championship courses, it is recommended that competitors who have entered the non-championship classes on the same course, should be started in a block in the early part of the overall start window before the block of championship competitors. Competitors who enter on the day of the competition shall start in a separate block after all pre-entered competitors have started.

The starting order shall be approved by the competition Controller before it is published, and be publically available no later than three days before the competition.

## **G1.14 LATE STARTS**

The policy for dealing with competitors who arrive late for their allocated start time should be set in advance by the Organiser, and be notified in the event details.

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### **G1.14.1 THE RECOMMENDED POLICY FOR THE ELITE CLASSES FOLLOWS THE IOF CONVENTION.**

Elite competitors who arrive late for their allocated start time through their own fault shall be timed as if they had started at their original start time. If the competitor is at the start line less than half the start interval for their course after their allocated start time, they shall be allowed to start immediately. If the competitor is at the start line later than half of the start interval, they shall be allowed to start at the next available half start interval.

In order to administer this policy, it is suggested that a separate start lane be operated for the Elite competitors who will have a 'timed' start and not a 'punching' start. Any competitor starting late will have their actual start time recorded by a SI start unit that will be retained by a Start Official specifically for use with late Elite starters, just in case a complaint is subsequently made by the competitor.

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### **G1.14. 2 THE RECOMMENDED POLICY FOR THE NON-ELITE CLASSES**

Competitors in these classes who arrive late for their allocated start time through their own fault shall be started on the next vacant start slot on their course. Their actual start time should be recorded on the start list just in case of a subsequent complaint.

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### G1.14.3 COMPETITORS WHO ARE LATE DUE TO AN ORGANISATIONAL PROBLEM

Competitors who are late for their allocated start time through an organisational problem, shall be timed from a new allocated start time.

## **G1.15 FINISH AND TIMEKEEPING**

Electronic punching shall be used and shall either be SPORTIdent or Emit, with the same system being used for race timing. A punching finish should be used where the competitor finishes by punching a SI or Emit unit on the finish line.

## **G1.16 SHADOWING**

The shadowing of any competitor in the Championships is not permitted. Competitors who are shadowed should declare themselves as non-competitive. The person doing the shadowing who is a competitor in another age class should have completed their course before shadowing a competitor. If they compete afterwards, then they should declare themselves as non-competitive.