

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

(Replaced Guideline 5 in the Amendments document. Amended July 2013)

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 for each course.

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.

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 an IOA Certified Event Controller, or BOF Grade 1 or Grade 2 Controller who is a member of an NIOA affiliated club. They shall belong to a different club from the organising club, and preferably should be from a different regional association. Any variation in this shall be agreed by the Controller of Technical Standards.

The Controller shall:-

- 1 Approve the map, confirming that it meets the ISOM standards, and is of the predetermined scales as detailed in the table in paragraph G1.12.
- 2 Approve the planned courses, ensuring that they are fair, and adhere to the levels of technical and physical difficulty as detailed in the table in paragraph G1.12..
- 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 production of the competitors' maps and the control description sheets.
- 6 Ensure that the organisation of the event is appropriate for its status.
- 7 Be present throughout the event.
- 8 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 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 in the recommended range of 90 to 100 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.

G1.6 THE MAP

The map shall comply with the IOF International Specification of Orienteering Maps (ISOM 2000) 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 age classes M/W18A to M/W40 shall be 1:15,000.

The map scale for age classes M/W16 and below, M/W18B, and for M/W45 and above, 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 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.

G1.7 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.

G1.8 COURSE PLANNING CONSIDERATIONS

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

Courses offered shall range from M/W10 to M/W 90 with Elite courses offered for M/W21E. Details of the courses and class combinations are contained in the table in paragraph G1.12.

B courses can be offered at the discretion of the organising club for the M/W16 and M/W 18 classes, and Short (S) courses for M/W 20 to M/W 65 classes. It is suggested that they only be provided if the entries for specific classes total 3 or more. If competitors enter for Short courses, and insufficient entries are received, then their entry should be transferred to the appropriate Colour Coded Course.

No B courses should be offered for the M/W10, M/W12, and M/W14 classes; and no Short courses should be offered for the M/W70 and over classes.

No winning times are recommended for the B and Short classes but the courses should be of approximately 66% of the length of the corresponding A or Long courses.

Colour Coded courses should be offered for any entrants-on-the-day, and for competitors for whom B and Short classes are not being provided due to insufficient entries. The recommended colour courses to be provided are Light Green, Orange, and Yellow. To avoid any interference with competitors in the main classes, it is suggested that they be started in the early part of the competition, and after an interval, the entry-on-the-day competitors on the colour courses be allowed to start.

G1.9 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, publication of previous maps, and on-line entry and payment.
2. The entry closing date as close as possible to the date of the competition.
3. A start list at the assembly area and at the start.
4. Control description issue 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, with a sample on display at the pre-start.
7. A frequently updated results display.
8. A dignified and prestigious prizegiving ceremony.

G1.10 START TIMES

Start time allocation is the responsibility of the organising club. In some instances seeding of competitors in the Elite, A, and Long classes may be appropriate.

The start interval for the Elite classes shall be at least three minutes, and for all other classes shall be at least two minutes.

G1.11 FINISH AND TIMEKEEPING

Electronic punching shall be used and will 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 on the finish line. There should be drinks (water being the minimum standard) available at the finish for all competitors.

G1.12 COURSES, CLASS COMBINATIONS, COURSE STANDARDS, RECOMMENDED WINNING TIMES, AND COURSE LENGTH RATIOS

These are detailed in the tables below. The class combinations for each course are given as a guide but generally the technical and physical standards, and the recommended winning times for each combined class are the same. As it is the intention to establish an all-Ireland ranking list in the future, it is suggested that the organisers of the Irish and regional Championship events adhere to the recommended class combinations for consistency.

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

Course No1 for M21E should be planned such that a top competitor would win it in 95 minutes (recommended range 90 to 100 minutes) and this course would have a Course Length Ratio of 1.00. All other course lengths should be scaled off this using the Course Length Ratios in the table.

Planners and Controllers should note that the Course Length Ratios refer to course lengths which are adjusted for height climb by adding 0.1km for every 10m of climb, to the actual course length e.g. if the Adjusted Course Length of the M21E course is 19.0km, this could be made up of a course length of 15.0km and a climb of 400m.

The map scales for each class shall be those given in the table below unless prior permission has been obtained from the Controller of Technical Standards for the use of different scales.

Course No	Class	Map scale	TD (1 – 5)	PD (1- 5)	Recommended winning time range (mins)	Course length ratio
1	M21E	1:15,000	5	5	90 - 100	1.00
2	M35L	1:15,000	5	5	72.5 – 82.5	0.57
	W21E	1:15,000	5	5	65 - 75	
3	M21L	1:15,000	5	5	65 – 75	0.49
	M40L	1:15,000	5	5	65 - 75	
4A	M20A	1:15,000	5	4	60 - 70	0.49
	M18A	1;15,000	5	4	55 - 65	
4B	M45L	1:10,000	5	4	60 – 70	0.49
	M50L	1:10,000	5	4	60 – 70	
5A	W21L	1:15,000	5	4	55 - 65	0.38
	W35L	1:15,000	5	4	60 - 70	
5B	M16A	1:10,000	5	4	50 - 60	0.38
	M55L	1:10,000	5	4	55 - 65	
6A	W20A	1:15,000	5	3	50 - 60	0.36
6B	M60L	1:10,000	5	3	55 - 65	0.36
7A	W18A	1:15,000	5	3	45 - 55	0.30
	W40L	1:15,000	5	3	50 – 60	
7B	M65L	1:10,000	5	3	50 – 60	0.30
	W45L	1:10,000	5	3	50 – 60	
8	W16A	1:10,000	5	3	45 - 55	0.26
	W50L	1:10,000	5	3	47.5 – 57.5	
	W55L	1:10,000	5	3	45 – 55	
	W60L	1:10,000	5	3	45 – 55	

9	W65L	1:10,000	5	2	35 - 45	0.16
	W70	1:10,000	5	2	35 - 45	
	W75	1:10,000	5	2	35 - 45	
	W80	1:10,000	5	2	35 - 45	
	W85	1:10,000	5	2	35 - 45	
	W90	1:10,000	5	2	35 - 45	
	M70	1:10,000	5	2	35 - 45	
	M75	1:10,000	5	2	35 - 45	
	M80	1:10,000	5	2	35 - 45	
	M85	1:10,000	5	2	35 - 45	
	M90	1:10,000	5	2	35 - 45	
10	M14	1:10,000	4	3	32.5 – 37.5	0.19
	W14	1:10,000	4	3	32.5 – 37.5	
11	M12	1:10,000	3	2	25 – 30	0.14
	W12	1:10,000	3	2	25 – 30	
12	M10	1:10,000	2	2	20 – 25	0.12
	W10	1:10,000	2	2	20 - 25	

Short and B Classes

The Short and B classes, if offered, would use the following courses:-

Course No	Class	Map scale	TD (1 – 5)	PD (1- 5)	Course length ratio
5A	M35S	1:15,000	5	4	0.38
6A	M20B	1:15,000	5	3	0.36
	M21S	1:15,000	5	3	
	M40S	1:15,000			
6B	M18B	1:10,000	5	3	0.36
	M45S	1:10,000			
	M50S	1:10,000			
8	M55S	1:10,000	5	3	0.26
	M60S	1:10,000			
	M16B	1:10,000			
	W20B	1:10,000			
	W21S	1:10,000			
	W35S	1:10,000			
9	M65S	1:10,000	5	2	0.16
	W40S	1:10,000			
	W45S	1:10,000			
	W16B	1:10,000			
	W18B	1:10,000			
	W50S	1:10,000			
	W55S	1:10,000			
	W60S	1:10,000			
	W65S	1:10,000			

Colour Coded Courses

It is recommended that the Colour Coded Courses use the following courses from those listed above:-

Colour Coded Course	Course
Light Green	10
Orange	11
Yellow	12