GUIDELINE 2: IRISH MIDDLE DISTANCE CHAMPIONSHIP

(Introduced February 2013 and Amended July 2013 and July 2015)

G2.1 INTRODUCTION

Middle Distance orienteering requires fast, accurate orienteering for a moderately long period of time.

G2.2 THE PROFILE

The attributes of Middle Distance orienteering are that it takes place on forested or open land, with the terrain of the highest technical standard. 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, and to navigate whilst undertaking physically demanding exercise.

The events are held in daylight. Competitors take part in age classes that have designated recommended winning times; Course Length Ratios; and technical and physical standards for each course that are designated in section G2.10.

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.

G2.3 ELIGIBILITY TO BE IRISH MIDDLE DISTANCE CHAMPION OR IRISH MIDDLE DISTANCE CLASS WINNER

Rule 5.5 states that the requirements to be classed as the Irish Middle Distance Champion in the M21E and W21E classes, and the Irish Middle Distance Class Winner, in all other full length courses, are:-

(A) they are an individual, family, or group member of an IOA or NIOA affiliated club, and

(B) 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.

G2.4 RESPONSIBILITY

In the case of the Irish Middle Distance Championships, the event is rotated through the four Regional Councils or Associations, who will select or invite clubs to tender for staging the event in their region. The organising club shall take financial responsibility for the event unless prior agreement has been reached with the Irish Orienteering Association, or a regional Association.

The Organiser shall be responsible for the organisation of the event (Rule 5.1.1)

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

G2.5 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 A, B or C 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 Council or 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 a scale or scales appropriate for the event.
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 section G2.9 below.
3. Approve every control site and each control description by visiting each in the terrain.
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.

G2.6 TERRAIN

The terrain should be generally runnable, of a consistently good technical standard, and of sufficient size to accommodate the M21E course with a winning time in the range of 32.5 minutes (mid-point in the range 30 to 35 minutes) without undue repetition. The area should not be so steep that the total climb on any course should normally exceed 4% of the shortest sensible route.

G2.7 THE MAP

The map shall comply with the IOF International Specification of Orienteering Maps with a scale of 1:10,000 (enlarged from 1:15,000) and a contour interval of 5m.

In complex areas with intricate detail, larger scale maps with perhaps a smaller contour interval 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.

G2.8 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.

G2.9 COURSE PLANNING

The courses planned shall comply with the standards set down in section G2.10 of this Guideline, and be in accordance with the principles detailed in Appendix A Course Planning.

The prime requirement for the courses is fairness. There must be no doubtful controls, no elements of chance as regards route choice, and no map errors which might influence the race.

The terrain should be generally runnable and of good technical quality. All of the courses should be planned to be as consistently difficult as required with an emphasis on detailed navigation where the finding of the controls should constitute a challenge. They should require constant concentration on map reading with occasional shifts in running direction out from controls.. Very long legs should be discouraged but short and medium length route choice legs should be encouraged. The emphasis should be on high speed for the

complexity of the terrain. There will be a greater density of controls than for an equivalent long distance event.

G2.10 RECOMMENDED WINNING TIMES, COURSE COMBINATIONS, COURSE STANDARDS, AND COURSE LENGTH RATIOS

The Recommended Winning Times shall be the predominant influence in designing the courses.

The base for setting the Course Length Ratios for each course is the adjusted course length (length plus climb) where the winning M21E class winner will be expected to complete the course in a time of 32.5 minutes (the mid-point of the recommended range).

Course No	Class	TD (1-5)	PD (1-5)	Recommended winning time (mins)	Course Length Ratio*
1	M21E, M18E, M20E	5	5	32.5	1.00
2	M35, M40, M45, M50	5	5	32.5	0.76
3	W21E, W18E, W20E	5	5	32.5	0.71
4	M16, W35, M60, Mens Open	5	4	32.5	0.69
5	M65, W16,W40, W45, W50, W55, W60, Womens Open	5	3	32.5	0.51
6	M14, W14, Light Green^	4	3	25	0.46
7	M12, W12 Orange^	3	2	20	0.36

Course No	Class	TD (1-5)	PD (1-5)	Recommended winning time (mins)	Course Length Ratio*
8	M70, M75, M80, W65	5	2	25	0.26
9	M10, W12, Yellow^	2	2	15	0.25
10	M85, M90, W70, W75, W80, W85, W90	5	2	25	0.20

* Course Length Ratios refer to course lengths which are corrected for height climb by adding 0.1 km for every 10m of climb to the length of the course.

^ Non-championship classes

Based on recent running speeds of the various classes in Championship events, the possible approximate course lengths and climbs based on the recommended winning times, course length ratios, and assumed course gradient of 2% would be as follows:-

Course No	Possible Course Length (k)	Possible Course Climb (m)
1	5.0	120
2	3.8	90
3	3.5	90
4	3.4	90
5	2.6	60
6	2.3	60
7	1.8	40
8	1.3	30
9	1.2	30
10	1.0	25

G2.11 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. The event organisers 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 site 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.

G2.12 START TIMES

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

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

G2.13 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.