

A Guideline for Colour Coded Courses – Work in Progress

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Guideline

- In 2009 a major review of what was a very old Guideline was carried out and changes were proposed but the discussions were inconclusive.
- The actual Guideline was withdrawn in the major revision of the IOA Rules, Appendices, and Guidelines in 2013 pending the drafting of a new Guideline (No 5)
- Since 2013, a draft proposal of standards for colour coded events has been available for clubs that have requested them.

Guideline Colour Coded Events - Aims

- To provide a range of courses in terms of technical and physical difficulty, and course length, where competitors can progress their skills in the range of colour coded courses from white to black*. (Generally the darker the course colour the more difficult it is)
- To set standards for the colour coded courses that will be consistently applied across the country
- * The colour courses currently offered in the Irish leagues are Yellow, Orange, Red, Light Green, Green, Blue, and Brown with some variation in the courses adopted by different leagues

Survey of Colour Coded Events Jan – May 2015

- 29 Events
- 6 Leagues
- 7 Clubs

Survey of Colour Coded Events

Jan – May 2015 Course Lengths

Colour Coded Course	Average Length (k) of Courses in Survey	Range of Course Lengths (k)	Proposed Guideline Course Lengths(k)
White	None	None	1.0 -1.5
Yellow	1.8	1.4 - 2.0	1.3 - 2.3
Orange	2.6	2.1 - 3.5	2.1 -2.9
Red	3.6	2.9 - 5.3	3.5 – 5.0
Light Green	3.3	2.9 - 3.8	2.5 - 4.0
Green	4.8	4.1 - 5.5	4.0 – 6.0
Blue	7.1	5.9 - 8.4	5.5- 7.5
Brown	9.0	7.3 - 11.3	7.5 – 10.0
Black	None	None	10.0 -14.0

Survey of Colour Coded Events

Jan – May 2015 Times

Colour Coded Course	Average Winning Time (mins)	Range of Winning Times (mins)	Proposed Time Range for Most Competitors (mins)
White	None	None	10 – 30
Yellow	37.82	10.47 – 89.30	15 – 45
Orange	32.51	21.06 – 48.53	25 – 60
Red	48.23	34.01 – 74.42	45 – 90
Light Green	48.64	32.45 – 74.06	35 – 70
Green	58.19	36.50 – 71.05	45 – 90
Blue	66.80	46.35 – 83.34	55 – 110
Brown	68.00	43.28 – 90.30	65 – 130
Black	None	None	80 - 160

Colour Coded Events – The Key indicators for Planners and Competitors

- The Technical and Physical Standards for each of the Colour Coded Courses
- The Course Length
- The expected time range for most competitors

Proposed New Standards for Colour Coded Events

Colour Coded Course	Technical Difficulty (1-5)	Physical Difficulty (1-5)	Time Range for Most Competitors (mins)	Course Length Range (k)
White	1	1	10 - 30	1.0 -1.5
Yellow	2	2	15 - 45	1.3 - 2.3
Orange	3	3	25 - 60	2.1 -2.9
Red	3	3	45 - 90	3.5 – 5.0
Light Green	4	4	35 - 70	2.5 - 4.0
Green	5	5	45 - 90	4.0 – 6.0
Blue	5	5	55 - 110	5.5- 7.5
Brown	5	5	65 – 130	7.5 – 10.0
Black	5	5	80 - 160	10.0 -14.0

Course Lengths

- The Course Lengths quoted are the straight-line course distance and assume a course gradient of 3% for the Black, Brown, Blue, and Green courses, 2% for the Light Green, Red and Orange courses, and 1% for the Yellow and White courses.
- For instance for a Brown course of 9.0k the assumed climb should be 300 m.
- Where the climb varies from this figure the course length should be increased or decreased by 100m for every 10m change in climb

New Guideline For Colour Coded Events

- The proposals will be considered by the Technical Sub-Committee
- A draft will be sent to each IOA affiliated club for comment
- A draft will be posted on the Forum inviting comment
- Based on the comments and discussions a revised draft will be submitted to the Technical Sub-Committee for approval
- The final draft will be submitted to the IOA Executive Committee for approval

Average speed in minutes per k* of the winners in the survey events

* Height adjusted

Colour Coded	Speed in minutes per k
White	None
Yellow	9.22
Orange	10.09
Red	9.92
Light Green	11.22
Green	8.38
Blue	7.71
Brown	5.84
Black	None