

**IOF Appendix 6: Competition Formats**  
(and IOA Appendix A: Course Planning Principles, Paragraph  
AA5)

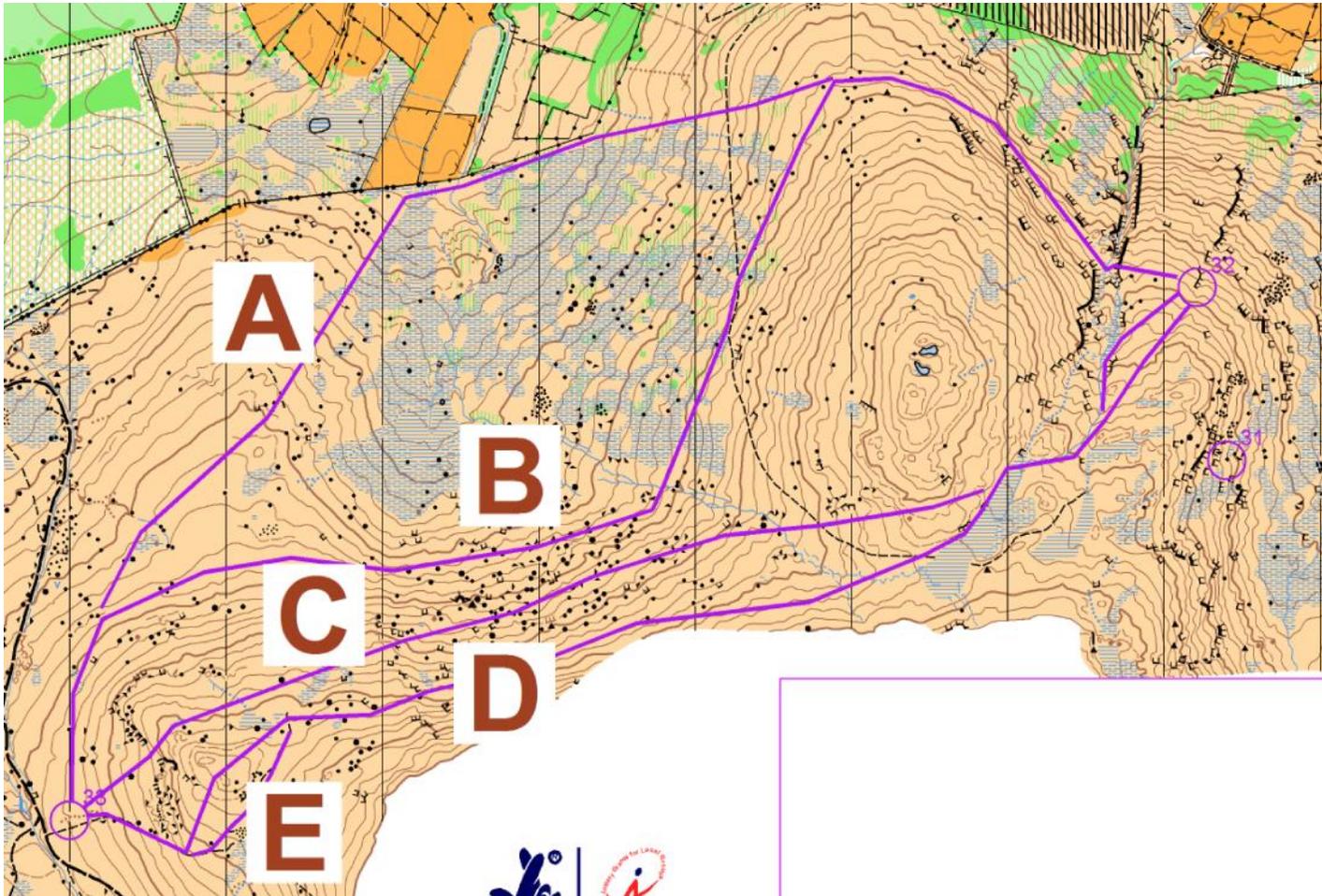
Major Events Conference  
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Controller of Technical Standards

# Sprint, Middle, and Long Distance

	Sprint	Middle Distance	Long Distance
Controls	Technically easy. Finding the controls should not be the challenge.	Consistently technically difficult. Finding the controls the challenge.	A mixture of technical difficulties
Route Choice	Small scale route choice requiring continuous thinking, map interpretation on the run, and fair control sites. Should avoid tempting competitors to cross out-of-bounds areas.	Small and medium scale route choice. Many changes of direction. High density of controls. Route itself should involve demanding navigation.	Significant route choice, including some large-scale (1.5 to 3.5k) route choices
Type of Running	High speed to be maintained throughout the course.	High speed, but requiring runners to adjust their speed for the complexity of the terrain.	Physically demanding, requiring endurance and pace adjustment
Terrain	Predominantly in very runnable park or urban terrain. Some fast runnable forest may be included. Spectators allowed along the course.	Technically complex terrain	Physically tough terrain allowing good route choice possibilities
Winning Time (for elites)	12-15 minutes	30 – 35 minutes	Men: 90-100 minutes Women: 70-80 minutes
Summary	Sprint orienteering is a fast, visible, easy to understand format, allowing orienteering to be staged within areas of significant population.	Requires fast accurate orienteering for a moderately long period of time. Even small mistakes can be decisive.	Should test all orienteering techniques as well as speed and physical endurance

# Example of Route Choice (NIOC 2013)

(A 19.52, B 17.57, C 13.05, D 13.23, E 18.38)



# Relay and Sprint Relay

	Sprint	Sprint Relay
Controls	A mixture of technical difficulties	Technically easy
Route choice	Small and medium scale route choice	Difficult route choice
Type of running	High speed, often in close proximity to other runners who may, or may not, have the same controls to visit	Very high speed
Terrain	Some route choice possibilities and reasonably complex terrain. Terrain where competitors will lose eye contact with each other.	Predominantly in very runnable park or urban terrain. Some fast runnable forest may be included. Spectators are allowed along the course.
Winning time (for elites)	30-40 minutes per leg Total team time 90-105 minutes	12-15 minutes per leg Total time 55-60 minutes
Summary	A competition for teams of three runners running on virtually a head-to-head basis with a first-past-the-post winner. Exciting for spectators and competitors.	A competition for teams of 4 runners. Teams contain at least 2 women and the first and last legs are run by women. This format provides exciting head-to-head competition with a first-past-the-post winner.