

Revision of Guideline 1 for C2 Long Distance Competitions

Major Events Conference

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Purpose of Revision

- First major review since 2008 when the number of courses was reduced from 25 to 12
- Further simplify the requirements for Planners and Organisers
- To introduce Elite classes and courses for M/W 18's and 20's to prepare them for international competitions
- To revise the course criteria for the 60plus classes in view of the increasing numbers in those classes

Competitor Numbers(starters)

Starters	2010	2011	2012	2013	2014
IOC Long	248	484	161	212	243
Leinster Champs		215	170	163	204
Munster Champs	143	96	70	138	125
Connacht Champs	196	128	133	99	97
NI Champs	221	223		189	177

With 40 Championship classes, the average number per class was 6 at IOC 2014

Classes

Number of	Championship classes	B or Short Non-Championship classes offered	Non-Championship Colour Courses	Classes requiring 1:15,000 scale maps
Current Guideline	40	22	3	16
Proposed Guideline	40	16	3	7

Proposed introduction of Elite classes for M/W18E and M/W20E.

Championship classes are M/W10 to M/W 16, M/W18E, M/W20E, M/W21E, M/W21L, M/W35L to M/W65L, M/W70 to M/W90.

In view of the likely small number of prospective entrants, it is proposed that we no longer have Long or B classes for M/W18's and 20's.

For the same reason no longer have a B or short class for M/W16's.

Alternative for competitors seeking easier courses is to enter a colour course.

Competitors Age Profile – Juniors and Colour Courses (IOC 2014)

Age	Men	Women
10*	6	3
12*	7	5
14	15	4
16A	11	6
18A	7	5
20A	0	0
Colour Courses*		
Green*	6*	2*
Yellow*	5*	1*

* From IOC 2013 as no colour classes started at IOC 2014

Recommended Winning Times – Junior Men

Age Class	Current Guideline (mins)	Winning Time IOC 2013 (mins)	Proposed New Guideline (mins)
M10	20-25	15.41	20
M12	25-30	16.15	25
M14	32.5-37.5	44.44	35
M16	50-60	78.32	50
M18 (now M18E)	55-65	66.36	70
M20 (now M20E)	60-70	68.01	70*

- IOF JWOC standard
- Proposed move from recommended range of winning times to single figure of
- Effective mid-point

Recommended winning times – Senior Men

Age Class	Current Guideline (mins)	Winning time IOC 2013 (mins)	IOF WOC & WMOC Winning Times	Proposed new Guideline (mins)
M21E	90-100	98.30	90-100	95
M35L	72.5-82.5	92.26	70	70
M40L	65-75	87.07	65	65
M45L	60-70	78.09	60	65
M50L	60-70	70.12	55	60
M55L	55-65	87.11	50	55
M60L	55-65	82.15	50	50
M65L	50-60	71.34	50	50
M70	35-45	45.08	50	40
M75	35-45		50	40
M80	35-45	123.18	50	40
M85	35-45		50	40
M90	35-45			30

Competitors age profile – Seniors (IOC 2014)

Age	Men	Women
21E	21	9
21L	5	4
21S	1	3
35L	5	0
40L	9	3
45L	5	10
45S	8	4
50L	19	14
55L	14	7
60L	9	6
65L	5	2
70	5	3
75 + 80	3 + 2	1 + 0

Recommended Winning Times – Junior Women

Age Class	Current Guideline (mins)	Winning Time IOC 2013 (mins)	Proposed new Guideline (mins)
W10	20-25	24.26	20
W12	25-30	17.49	25
W14	32.5-37.5	54.59	35
W16	45-55	52.29	45
W18 (now W18E)	45-55	56.29	60
W20 (now W20E)	50-60		60*

* IOF JWOC Standard

Recommended Winning Times – Senior Women

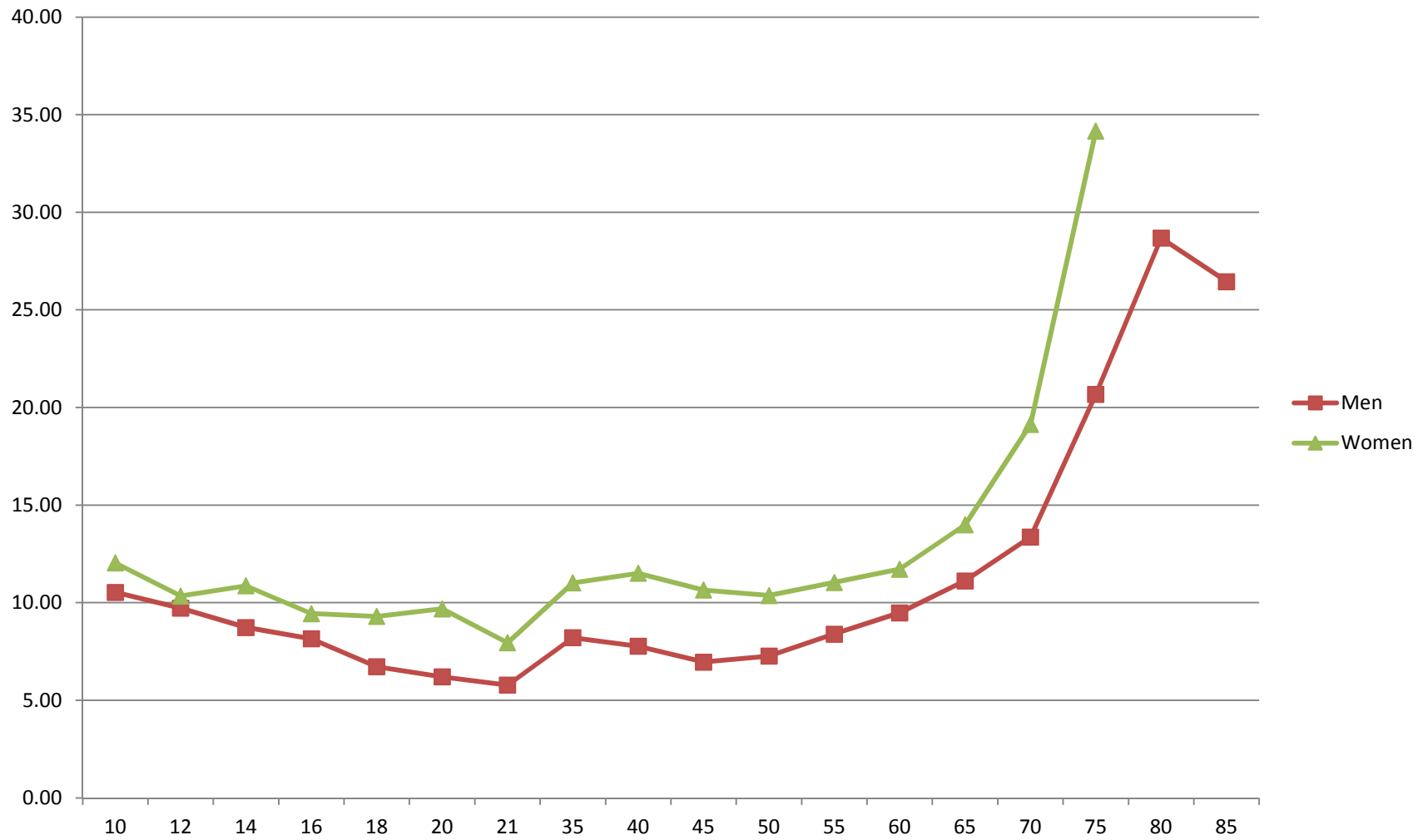
Age Class	Current Guideline (mins)	Winning Time IOC 2013 (mins)	IOF WOC & WMOC Winning Times	Proposed New Guideline (mins)
W21E	65-75	89.45	70-80	75
W35L	60-70	110.17	55	55
W40L	50-60	56.14	50	50
W45L	50-60	80.57	45	50
W50L	47.5-57.5	60.45	45	45
W55L	45-55	60.42	45	45
W60L	45-55	70.04	45	45
W65L	35-45	43.23	45	40
W70	35-45	60.41	45	40
W75	35-45	146.06	45	40
W80	35-45		45	30
W85	35-45		45	30
W90	35-45			30

Competitor speeds (minutes per climb adjusted length)

based on 32 C1 events in the period 2007 to 2014

Age Class	Men	Women
10	10.42	11.89
14	8.73	10.87
18	6.72	9.30
20	6.20	9.69
21E	5.78	7.95
40	7.77	11.51
50	7.27	10.37
60	9.48	11.72
65	11.12	13.99
70	13.36	19.14
75	20.67	34.16
80	28.68	
85	26.45	

Graph of competitor speeds (based on the average of 32 C1 events in the period 2007 to 2014)



Applying the speeds per class to the proposed winning times produces the Course Length Ratios and the possible course lengths and climbs

Course No	Classes	Course Length Ratio	Possible Adjusted Course Length	Possible Actual Length (k)	Possible Climb (m)
1	M21E	1.00	16.4*	12.4	400
2	M18E, M20E, M35L, W21E	0.60	9.8	7.0	280
3	M21L, M40L, M45L	0.53	8.7	6.2	250
4	W18E, W20E, W21L, M50L	0.41	6.7	5.0	170
5	M55L, M60L, M16, W35L,	0.34	5.6	4.1	150
6	M65L, W40L, W45L	0.27	4.4	3.3	110
7	W50L, W55L, W60L, W16	0.25	4.1	3.1	100

* Based on the target winning time of 95 mins and average speed of 5.8 mins per k

Applying the speeds per class to the proposed winning times produces the Course Length Ratios and the possible course lengths and climbs

Course No	Classes	Course Length Ratio	Possible Adjusted Course Length	Possible Actual Course Length (k)	Possible Climb (m)
8	M70, M75, W65L	0.16	2.6	2.1	50
9	M80, M85, W70, W75,	0.11	1.8	1.4	40
10	M90, W80, W85, W90	0.08	1.3	1.0	30
11	M14, W14	0.22	3.6	2.8	80
12	M12, W12	0.15	2.5	2.0	50
13	M10, W10	0.11	1.8	1.4	40

Proposed introduction of Course 10 with recommended winning time of 30 mins
 Course Length Ratio for classes on Course 9 reduced from 0.16 to 0.11

Technical and Physical Difficulty

Course	Class	Technical Difficulty (1-5)	Physical Difficulty (1-5)
1	M21E	5	5
2	M18E, M20E, M35L, W21E	5	5
3	M21L, M40L, M45L	5	4 (M21L 5, M40L 5)
4	W18E, W20E, W21L, M50L	5	4
5	M55L, M60L, M16, W35L,	5	4 (M60L 3)
6	M65L, W40L, W45L	5	4 (3)
7	W50L, W55L, W60L, W16	5	3
8	M70, M75, W65L	5	2
9	M80, M85, W70, W75,	5	1 (2)
10	M90, W80, W85, W90	5	1
11	M14, W14	4	3
12	M12, W12	3	2
13	M10, W10	2	2

Technical difficulty 5 (TD5)

Technical Difficulty 5	
Controls	As few as necessary for good planning
Control Sites	Any feature particularly those demanding careful map reading Far from obvious relocating features No hidden or isolated controls Distinct from the surrounding terrain Normally visible from 10% of the distance from the nearest <u>Attack Point</u>
Leg Lengths	Of different lengths with many changes of direction Long legs followed by several short intricate legs
O Techniques required	Able to navigate for long distances using only major contour features Able to read and interpret complex contours Able to recognise indistinct features (single contour) Able to fully concentrate over all of the course Able to determine the right route choice
Routes and route choice	Significant route choices
Re-location	Control sites far from obvious relocating features Errors should be costly in time

Technical Difficulty 4 (TD4)

Technical Difficulty 4	
Controls	As few as necessary for good planning Minimum 10 to 12 controls
Control Sites	Any feature but should not require complex map reading
Leg Lengths	Of different length and requiring different skills
O Techniques required	Able to understand all the information on the map Able to navigate long legs on a rough compass bearing to a collecting feature Able to use an accurate compass bearing on short legs Able to navigate over short distances using contour features Able to estimate distance by pace counting Able to determine the right route choice
Routes and route choice	Significant route choices encouraging contouring
Re-location	Collecting Features behind all controls although they may be significant contour features Errors should not involve significant time loss

Technical difficulty 3 (TD3)

Technical Difficulty 3	
Controls	Frequent controls on Orange courses Less so on Long Orange ones Probably 10 to 15 controls
Control Sites	Any line feature, prominent point, or contour feature that can be easily found from an <u>Attack Point</u> on a line feature. Should have a <u>Collecting Feature</u> such as a road or distinct wall or other prominent line feature
Leg Lengths	Of different length (100 to 400m)
O Techniques required	Basic use of compass to allow short cuts or corner cutting between line features Able to navigate short legs on a rough compass bearing to a control point, at or in front of a line feature Able to make simple route choice decisions
Routes and route choice	Simple route choices normally along line features with several Decision Points Along line features to an obvious Attack Point
Re-location	Should be a Collecting Feature close behind all controls that are not on a line feature

Grades of physical difficulty (PD)

Physical Difficulty	Climb Involved	Type of Terrain
PD1	Minimum of climbing	Paths
PD2	Some climbing	Paths or forest with no undergrowth
PD3	Modest climb	Avoiding green areas, steep descents, and treacherous areas
PD4	Climbing as necessary but avoiding steep ascents or descents	Avoiding long legs in green areas
PD5	Climbing as necessary	Chosen so that a fit orienteer can run most of the time

Summary of Changes

- To introduce elite classes for M/W18's and 20's but given the small numbers in these classes no longer to have M/W18 and 20 Long and B (short) classes
- To no longer have B (short) courses for M/W 16 classes
- To move from a time range for recommended winning times for each class to a single time
- To reduce the winning times for some classes
- To introduce Course 10 for M90, W80, W85, and W90 with a recommended winning time of 30 minutes
- To reduce the the Course Length Ratio for Course 9 from 0.16 to 0.11
- To reduce the Physical Difficulty Level for Courses 9 and 10
- To reduce the number of classes requiring the recommended 1:15,000 scale map from 15 to 7 and the number of courses from 7 to 3
- To introduce a rule to prevent 'shadowing'