

Planning Championship Junior Courses (Long Distance)

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Controller of Technical Standards

Guidelines (Guideline 1)

Course No	Age Classes	Technical Grade (TD)	Physical Difficulty (PD)
12	M/W14	4	3
13	M/W12	3	2
14	M/W10	2	2

Technical Grade 2 (TD2)

Controls	Fairly close together (350m maximum)
Control Sites	On the line feature along which the competitor is travelling Can be placed on prominent point features on or close to line features
Leg Lengths	Not to vary greatly
O techniques required	Understand map colours and commonly used control sites Able to orientate map Able to make a decision at a Decision Point without the assistance of a control
Routes and Route Choice	All along obvious line features No route choice
Re-location	Should not be required but can be done by re-tracing the route along the line feature

Technical Grade 3 (TD 3)

Controls	More variation in leg length Frequent controls on long courses, less so on shorter courses
Control Sites	Any line feature, prominent point, or contour feature that can easily be found from an Attack Point on a line feature
Leg Lengths	Of different length
O techniques required	Basic use of compass to allow short cuts between line features Able to navigate short legs on a rough compass bearing to a control at or in front of a line feature Able to make simple route choice decisions
Routes and Route Choice	Simple route choice decisions Along line features to an obvious Attack Point
Re-location	Should be a collecting feature behind all controls that are not on a line feature

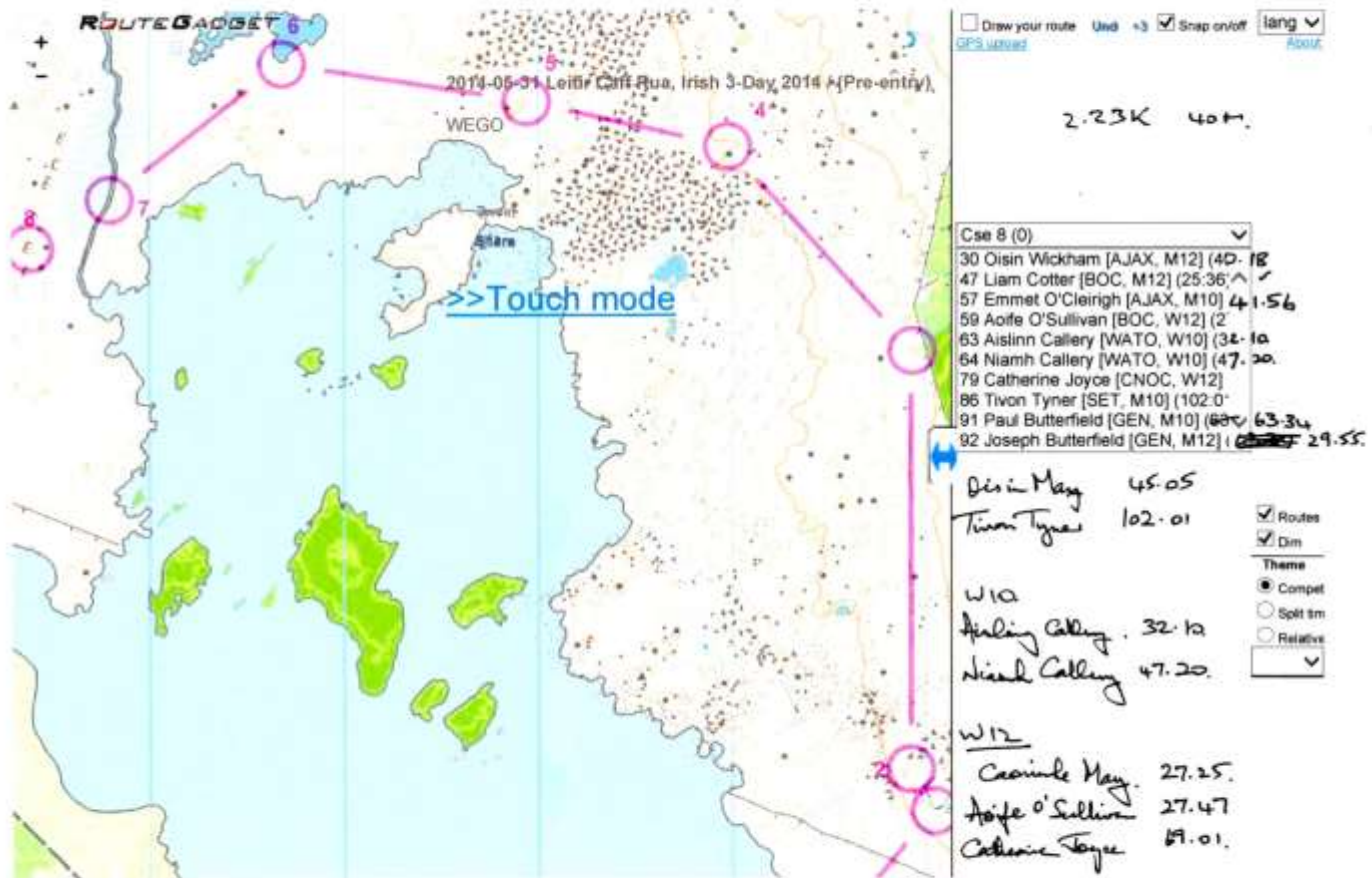
Technical Grade 4 (TD 4)

Controls	As few as necessary for good planning
Control Sites	Any feature but should not require complex map reading
Leg Lengths	Of different length
O techniques required	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 simple contour features
Routes and Route Choice	Significant route choices Legs that encourage contouring
Re-location	Collecting features behind all controls Errors should not involve significant time loss

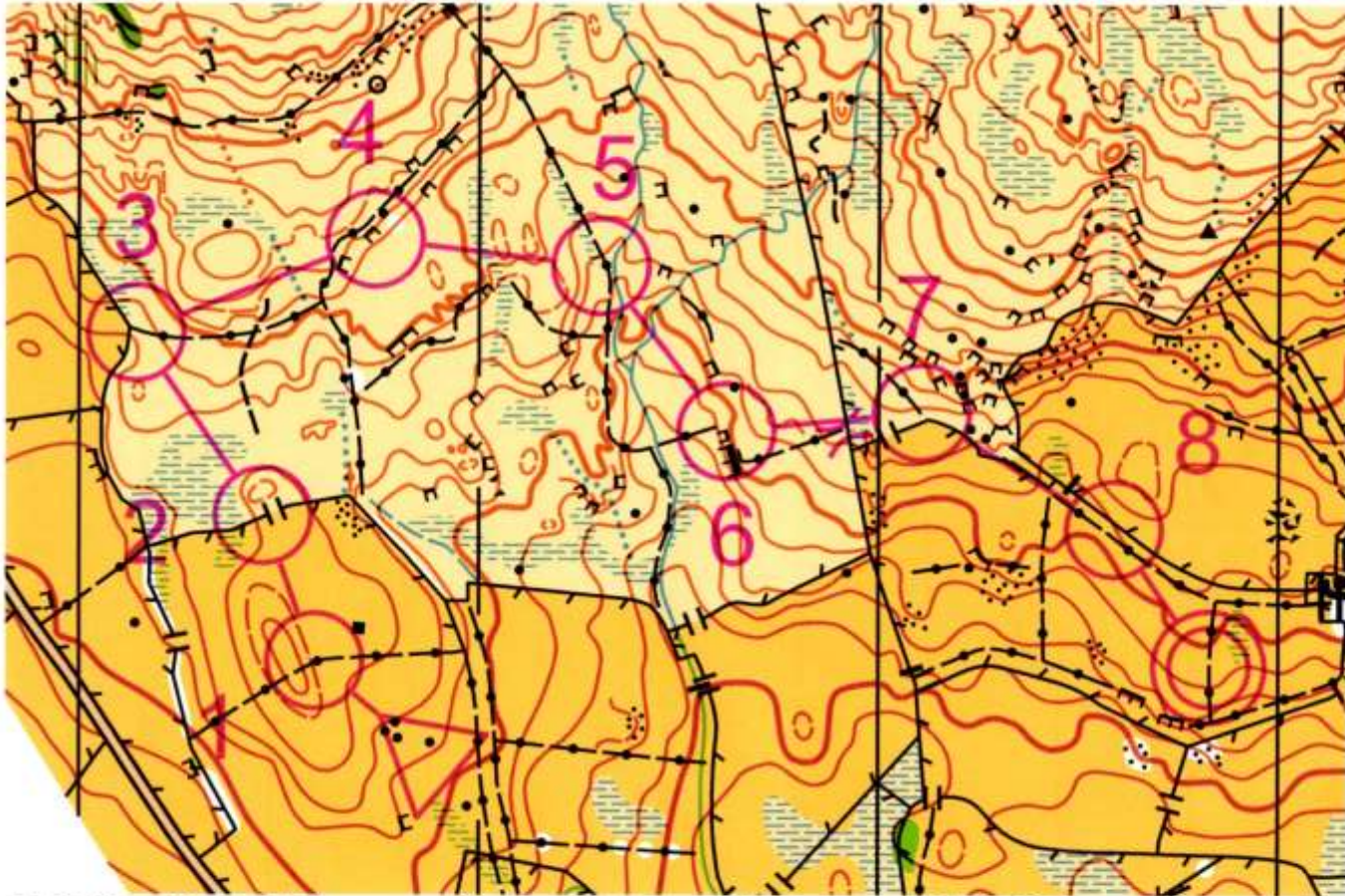
Physical Difficulty

Physical Difficulty Grade (PD)	Climb Involved (Suggested gradient)	Type of Terrain
PD 2	Some climbing (suggest 2 %)	Paths and forest with no undergrowth
PD 3	Moderate climb (suggest 3 %)	Avoiding green areas, steep descents, and treacherous areas

TD2/PD2 Courses – M/W10 (Irish 3 Day 31 May 2014)



TD2/PD2 Courses – M/W10 (IOC 2015)

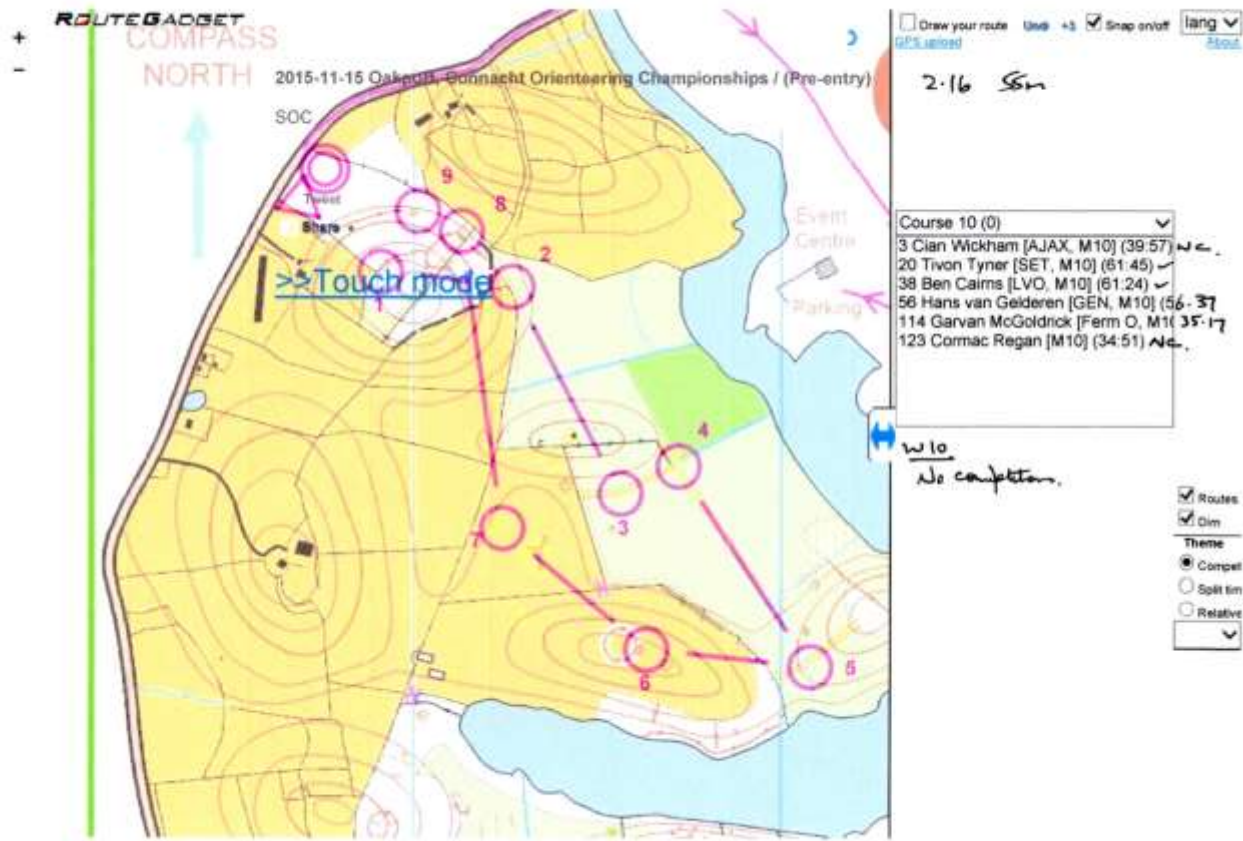


IOC 2015 – Course 14 – 1130 m – 1:10, 00

1-1K 40m M1a 1. Ben Caines 22.49 W10 Seward Young 29.32
2 38.56.

TD2/PD2 Courses – M/W10

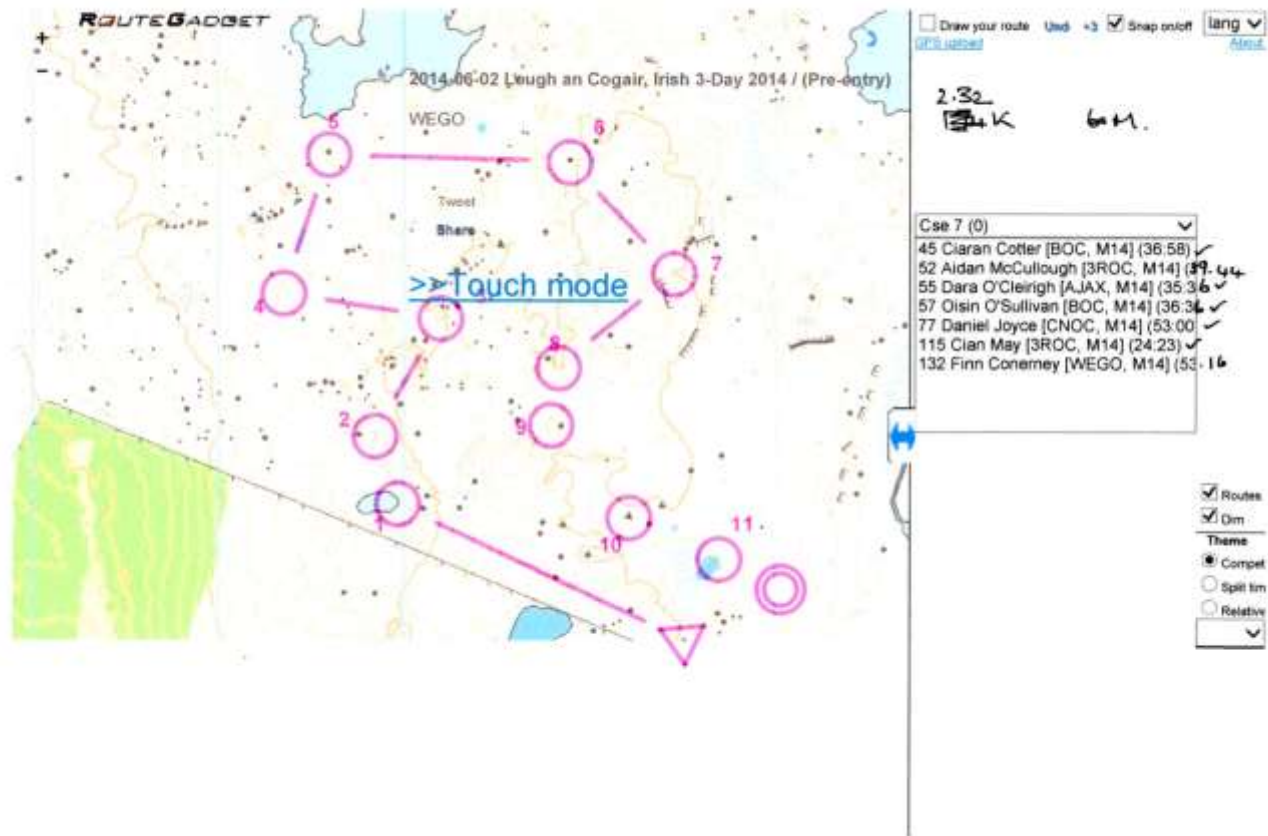
(Connacht Champs 2015)



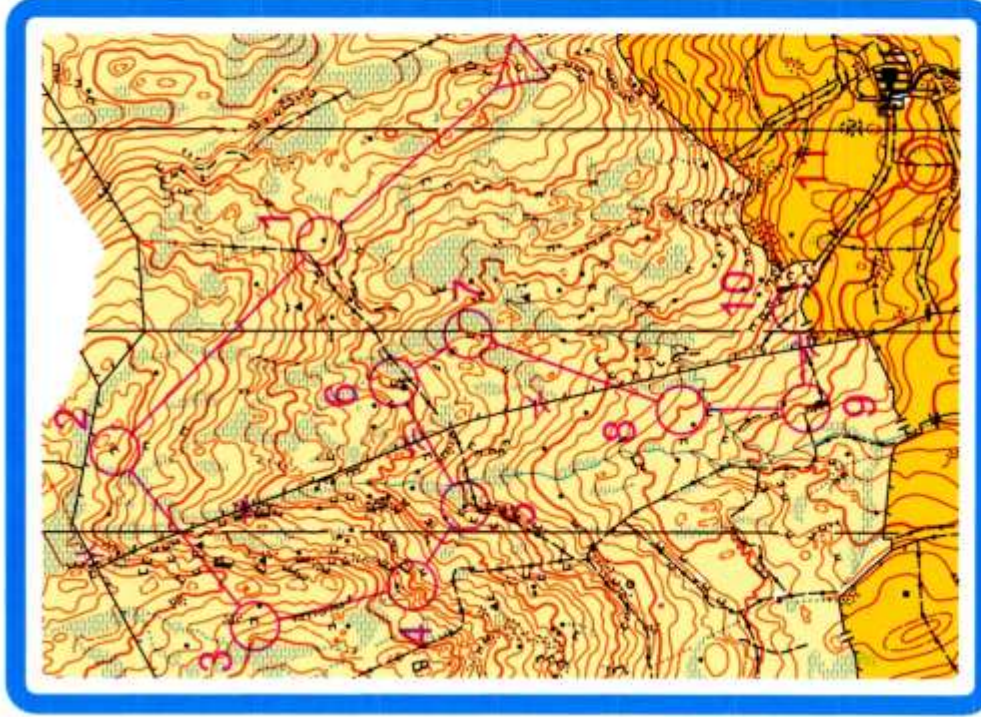
TD2/PD2 Courses – M/W10 – Do they meet the standards?

Event	Irish 3 Day 2014	IOC 2015	Connacht Champs 14
Course Length/Climb	2.2k/40m	1.1k/40m	2.2k /55m
Target Winning Time	20 mins	20 mins	20 mins
Winning Time Men	45.05	22.49	35.17
Winning Time Women	32.10	29.30	No comp
Were the controls fairly close together?	No	Yes	Yes
Were there no more than two decision points per leg?	Yes	Yes	Yes
Were controls on line features along which the competitor was travelling?	No	No/Yes	Yes/No
Were controls placed on prominent point features on or close to the line feature	No	Yes	No
No route choice	Yes	Yes	Yes
Re-location should not be required	No	Yes	Yes/No
Is the course on paths and forest (ground)	No	Yes	Maybe

TD4/PD3 Courses – M/W14 (Irish 3 Day 2014)



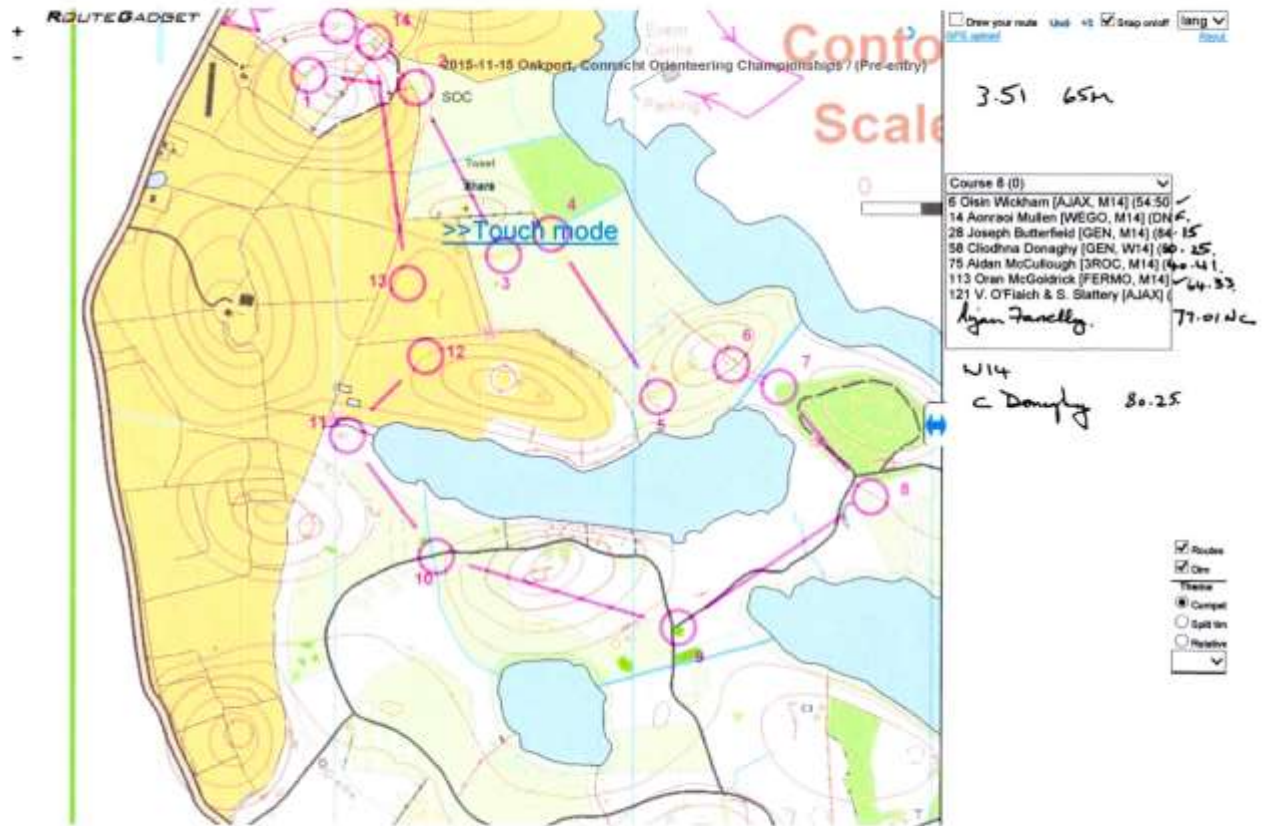
TD4/PD3 Courses – M/W14 (IOC 2015)



IOC 2015 – Course 10 – 2380 m – 1:10,000 – 21/01.

M/W 14:	M14:	1. Andrew Ellwood	36.42
		2.	37.24
		3.	42.54
2.4K 140m:	W14:	1. Aife O'Sullivan	36.52
		2.	48.33
		3.	65.13

TD4/PD3 Courses – M/W14 (Connacht Champs 2015)



TD4/PD3 Courses– M/W14 Classes – Do they meet the standards?

Event	Irish 3 Day 2014	IOC 2015	Connacht Champs 15
Course Length/Climb	2.32k/60m	2.4k/ 140m	3.5k/65m
Target Winning Time	35 mins	35 mins	35 mins
Winning Time Men	24.23	36.42	40.41
Winning Time Women	NA	36.52	80.25
As few controls as necessary?	Yes	Yes	Yes/No
Controls on any feature but not requiring complex map reading?	Yes	Yes	Yes
Are legs of different length?	Slightly	Yes	Yes
Require competitors to navigate long legs on a rough compass bearing?	Yes	Yes	No
Require competitors to navigate short legs using simple contour features?	Yes	Yes	Yes

TD4/PD3 Courses– M/W14 Classes – Do they meet the standards?

Event	Irish 3 Day 2014	IOC 2015	Connacht Champs 15
Is there significant route choice?	No	No	No
Do the courses encourage contouring?	Yes	No	NA
Are there collecting features behind controls?	No	Some	Yes
Do the courses avoid long legs in green areas?	NA	NA	NA

Conclusions

- Where competitors do not meet the winning time standard, this can be the result of the course length/climb not being correct for the standard of expected competitors, or the courses not meeting the required technical and physical standards.
- In the recent examples the championship courses for M/W14's have generally met the required technical and physical standards suggesting that as the required standards near the highest technical level (TD5) planners are better able to provide the correct courses.
- The standards of M/W10 courses in the examples have varied more as against what is required suggesting that planners and controllers should be much more aware of the specific standards.
- Standards of M/W12 courses have tended to fall between those of the M/W10 and M/W14 courses.
- In most of the examples the winning times are well off the target winning times suggesting a lack of understanding of the capabilities of Junior competitors.

What are the remedies if faced with difficult terrain?

- Tape between controls on line features, with controls being very visible
- Have the junior courses in a different area (As IOC 2014)
- Do not offer courses for the M/W12 and M/W 10 classes
- Consideration should be given to the routes to the start and back from the finish to ensure that they are not physically too difficult for juniors.

