

IOA Major Events

Relay Planning

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Sequence

- Relay Basics
- Preparing the Map
- Guidelines

Relay Basics

- Gaffling or Forking
 - Farsta (relay) A, B, C
 - Leg a, b, c
 - Binding

Forking IOC 2015 Premier

Course: Prem Relay

Course type: Normal course

Start/finish: Start S, Finish F

Relay legs: 3

Length: 5.8-6.1 km (132m)

Use calculated length
 Calculate along "route choice"

Course overprint: Number format Use standard

Show finish only on last part
Draw dot in control circle: Use event setting

Climb: Use climb per course leg

Separate control descr.: Symbolic

Competitors estimate: 0

Controls:

123
124
125
126
127
128
129
130
131
132
133
134
135
136
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159
160
161
162
163
164
165
166
167
168
169
170
171
172
173
174
175
176
177
178
179
S

(1) (2-3)

1 143
2 170 176 178
3 136 136

4 134
5 158

6 138 153 132
7 132 137 137

8 168
9 161
10 133

11 139 149 165

12 156
13 135
14 177

(1) (2-3)

15 136 170

16 152
17 147
18 151

19 149 165 139

20 162
21 142
22 127
23 174

131

OK
Cancel
Rename
Help

Forks/Loops
Insert Fork
Insert Leg Fork
Insert Loop
Remove Fork/Loop
Adjust the leg distribution for this fork
Map change
Set map change

Forking
JK 2011
Mixed
Ad Hoc
G (4.5)
G (3.5)
O (2.5)

Course: 9

Course type: Normal course

Start/finish: Start S, Finish F

Relay legs: 3

Length: 2.7-3.8 km (321m)

Use calculated length

Calculate along "route choice"

Course overprint: Number format Use standard

Show finish only on last part

Draw dot in control circle: Use event setting

Climb: Use climb per course leg

Separate control descr.: Symbolic

Competitors estimate: 93

Controls:

100	164
102	165
103	166
104	167
105	168
106	169
107	171
108	173
109	176
110	177
111	178
112	180
113	181
116	189
117	190
118	191
119	192
120	193
121	194
123	195
124	196
125	197
126	198
129	199
130	200
131	202
132	203
133	204
134	205
135	206
136	207
137	208
138	209
139	211
140	212
141	C11
142	C3
143	C4
145	C5
146	C6
147	C7
148	C8
149	C9
150	S
151	
153	
154	
155	
156	
157	
158	
160	
161	
162	

Diagram showing route connections between controls:

- Control 1 (C5) connects to 192, 126, and 109.
- Control 2 (143) connects to 145 and 109.
- Control 3 (165) connects to 105 and 104.
- Control 4 (150) connects to 104 and 107.
- Control 5 (169) connects to 107 and 121.
- Control 6 (178) connects to 121 and 192.
- Control 7 (166) connects to 192 and 158.
- Control 8 (162) connects to 158 and 139.
- Control 9 (140) connects to 139 and 211.
- Control 10 (C4) connects to 211 and 211.
- Control 11 (211) connects to 211 and 109.
- Control 12 (C11) connects to 109 and 113.
- Control 13 (209) connects to 113 and 109.
- Control 14 (196) connects to 109 and 113.
- Control 15 (119) connects to 113 and 125.
- Control 16 (125) connects to 125 and 100.
- Control 17 (100) connects to 100.

Buttons: OK, Cancel, Rename, Help

Forks/Loops:

- Insert Fork
- Insert Leg Fork
- Insert Loop
- Remove Fork/Loop
- Adjust the leg distribution for this fork
- Map change
- Set map change

Random Order

Relay Basics

- Gaffling or Forking
 - Farsta (relay) A, B, C
 - Leg a, b, c
 - Binding
- More forks = more possible variations
- 3 Legs 1 Fork – 9 variations (AA, AB, AC, BA, BB, BC, CA, CB, CC)
- 3 Legs 2 Forks – 27 variations

Relay Basics

- Gaffling or Forking
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- 3 Legs 2 Forks – 27 variations
- **But**

How Many Maps to Use?

- 3 legs = max of 3 first controls
- 3 variations = 3 maps. Same courses
- 6 variations = 6 maps. Gaffled
- 9 variations = 9 maps. More gaffled
- Individual maps!!

Planning Sequence

- Terrain familiarisation
- Armchair planning
- Control site / leg checking

Armchair Planning (Relays)

- Arena / changeover
- Course(s) shape
- Long legs
- Route choice
- Head to heads
- Control clumping
- Spectator control

Relay Considerations

- Guidelines (classes, likely loading)
- Metrics (TD(s), winning time, length, climb)
- Head to head (3rd leg? All legs?)
- Distraction opportunities (no of runners, terrain type)
- When and how to 'break up' the pack
- Class (course) start times – can you 're-use' sections of courses? Yes for JK, but no for IOC?

Preparing the Map

- Plan in Condes
- Select variations

Choosing Variations

- Lengths (to bring runners in together)
- Use Condes to give leg length
- Remember to consider climb

Variations

Variation code	Length	Controls
<input type="checkbox"/> Prem Relay		
aAAaA (6)	6040 m (6036 m)	S 143 170 134 158 138 132 168 161 133 139 156 135 177 136 152 147 151 149 162 142 127 174 131 F
aBAaA (15)	5490 m (5494 m)	S 143 170 134 158 168 161 133 139 156 135 177 136 152 147 151 149 162 142 127 174 131 F
aCAaA (24)	5490 m (5494 m)	S 143 170 134 158 168 161 133 139 156 135 177 136 152 147 151 149 162 142 127 174 131 F
aABaA (33)	5940 m (5936 m)	S 143 170 134 158 138 132 168 161 133 156 135 177 136 152 147 151 149 162 142 127 174 131 F
aBBaA (42)	5390 m (5394 m)	S 143 170 134 158 168 161 133 156 135 177 136 152 147 151 149 162 142 127 174 131 F
aCBaA (51)	5390 m (5394 m)	S 143 170 134 158 168 161 133 156 135 177 136 152 147 151 149 162 142 127 174 131 F
aCAaA (60)	5940 m (5936 m)	S 143 170 134 158 138 132 168 161 133 156 135 177 136 152 147 151 149 162 142 127 174 131 F
aBCaA (69)	5390 m (5394 m)	S 143 170 134 158 168 161 133 156 135 177 136 152 147 151 149 162 142 127 174 131 F
aCCaA (78)	5390 m (5394 m)	S 143 170 134 158 168 161 133 156 135 177 136 152 147 151 149 162 142 127 174 131 F
bAAAbA (82)	5990 m (5993 m)	S 176 136 134 158 138 132 168 161 133 139 156 135 177 170 152 147 151 149 162 142 127 174 131 F
bBAAbA (85)	6050 m (6053 m)	S 178 136 134 158 138 132 168 161 133 139 156 135 177 170 152 147 151 149 162 142 127 174 131 F
bABAbA (91)	5450 m (5451 m)	S 176 136 134 158 168 161 133 139 156 135 177 170 152 147 151 149 162 142 127 174 131 F
bBBAbA (94)	5510 m (5511 m)	S 178 136 134 158 168 161 133 139 156 135 177 170 152 147 151 149 162 142 127 174 131 F
bACAbA (100)	5450 m (5451 m)	S 176 136 134 158 168 161 133 139 156 135 177 170 152 147 151 149 162 142 127 174 131 F
bBCAbA (103)	5510 m (5511 m)	S 178 136 134 158 168 161 133 139 156 135 177 170 152 147 151 149 162 142 127 174 131 F
bAABbA (109)	5890 m (5893 m)	S 176 136 134 158 138 132 168 161 133 156 135 177 170 152 147 151 149 162 142 127 174 131 F
bBABbA (112)	5950 m (5953 m)	S 178 136 134 158 138 132 168 161 133 156 135 177 170 152 147 151 149 162 142 127 174 131 F
bABBbA (118)	5350 m (5351 m)	S 176 136 134 158 168 161 133 156 135 177 170 152 147 151 149 162 142 127 174 131 F
bBBBbA (121)	5410 m (5411 m)	S 178 136 134 158 168 161 133 156 135 177 170 152 147 151 149 162 142 127 174 131 F
bACBbA (127)	5350 m (5351 m)	S 176 136 134 158 168 161 133 156 135 177 170 152 147 151 149 162 142 127 174 131 F
bBCBbA (130)	5410 m (5411 m)	S 178 136 134 158 168 161 133 156 135 177 170 152 147 151 149 162 142 127 174 131 F
bAACbA (136)	5890 m (5893 m)	S 176 136 134 158 138 132 168 161 133 156 135 177 170 152 147 151 149 162 142 127 174 131 F
bBACbA (139)	5950 m (5953 m)	S 178 136 134 158 138 132 168 161 133 156 135 177 170 152 147 151 149 162 142 127 174 131 F
bABCbA (145)	5350 m (5351 m)	S 176 136 134 158 168 161 133 156 135 177 170 152 147 151 149 162 142 127 174 131 F

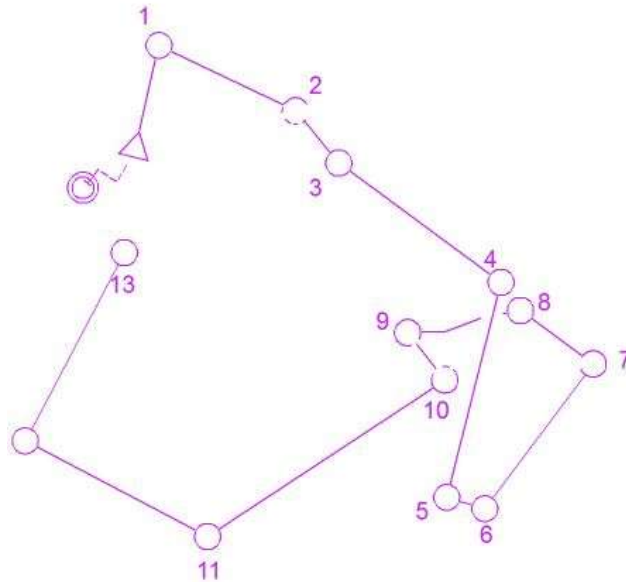
Combinations

Combination no.	Leg 1	Leg 2	Leg 3
☐ Prem Relay (432 combinatio...			
1	aAAaA	bABbB	bBCCbC
2	aBAaA	bBCBbB	bAACbC
3	aCAaA	bAABbB	bBBCbC
4	aABaA	bBBCbB	bACAbC
5	aBBaA	bACCbB	bBAAbC
6	aCBaA	bBACbB	bABAbC
7	aACaA	bABAbB	bBCBbC
8	aBCaA	bBCAbB	bAABbC
9	aCCaA	bAAAbB	bBBBBc
10	aAAaB	bBBBBc	bACCbA
11	aBAaB	bACBbC	bBACbA
12	aCAaB	bBABbC	bABCbA
13	aABaB	bABCbC	bBCAbA
14	aBBaB	bBCCbC	bAAAbA
15	aCBaB	bAACbC	bBBAbA
16	aACaB	bBBAbC	bACBbA
17	aBCaB	bACAbC	bBABbA
18	aCCaB	bBAAbC	bABbBA
19	aAAaC	bABbBA	bBCCbB
20	aBAaC	bBCBbA	bAACbB
21	aCAaC	bAABbA	bBBCbB
22	aABaC	bBBCbA	bACAbB
23	aBBaC	bACCbA	bBAAbB
24	aCBaC	bBACbA	bABAbB
25	aACaC	bABAbA	bBCBbB
26	aBCaC	bBCAbA	bAABbB
27	aCCaC	bAAAbA	bBBBBB

Preparing the Map

- Plan in Condes
- Select variations
- Export variations individually to OCAD
- Add text (Map No, Side 1, Special Instructions)
- Send to printer with background map

Defining Map Name



IOC Relay 2015				
A1 - 1	6.0 km	50		
▷	✓	↗		↘
1 143	⊗	⊗		○
2 170		⊗	Y	
3 134	↘	U		
4 158	●			○
5 138	⊙			○
6 132	✓	≡		↗
7 168	⊗			
8 161	⊗			<
9 133	U			
10 139	∧	~		
11 156	∧			
12 135	⊗			<
13 177	⊗			○

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IOC 2015 Relay

A1
Part 1

IOA Relay Guidelines

- What are they?
- Do they work?
- What else could we consider?

Current Guidelines

Courses	A1,A2, A3	B1,B2, B3	C1, C2	D1, D2	Light Green LG1, LG2	Orange O1	Yellow Y1, Y2
Recommended winning time per lap (mins)	32	32	32	32	25	18	12
Technical difficulty (1-5)	5	5	5	5	4	3	2
Physical difficulty (1-5)	5	5	5	5	4	3	2
Course Length Ratio or length	1.00	0.82	0.77	0.64	Approx. 2.5k	Approx. 2.0k	Approx. 1.5k

Course/ Class	Open Premier	Women's Premier	Handicap 6	Handicap 12	Handicap 18	Junior 48	Junior 36	TOTAL
A1	4		2					6
A2	3							3
A3	3							3
B1		1	4					5
B2		1		5				6
B3		1						1
C1			3		5			8
C2				6				6
D1				6				6
D2					5			5
LG1					3	2		5
LG2						3		3
Y1							1	1
Y2							1	1
O1						3	2	5
TOTAL	10	3	9	17	13	8	4	64

Future Guidelines Suggestion

- For each class : TD, length variation, leg winning time
 - (e.g) H6 (TD5; long, med, short; 32, 27, 18) (currently 32, 32, 32!)
- Mixed difficulty classes: same
 - (e.g. Jun 48) (TD4, 25; TD4, 25; TD 3 18)
- Let the planner sort out gaffling – use it when necessary
- No of different maps is not an issue – laser printed, small print runs anyway, moderate extra hassle for planner

Over To You

- New Guidelines?
- More variations?
- Stick to status quo?