GUIDELINE 3 – GUIDELINE FOR IRISH SPRINT CHAMPIONSHIP

G3.1 Introduction

Sprint orienteering is a fast, visible, easy to understand format, allowing orienteering to be staged within areas of significant population.

G3.2 The Profile

The Sprint profile is high speed. It tests the athletes' ability to read and translate the map in complex environments, and to plan and carry out route choices running at high speed. The courses must be planned so that the element of speed is maintained throughout the race. The course may require climbing but steepness forcing competitors to walk should be avoided. Finding the controls should not be the challenge; rather the ability to choose and complete the best route to them. For example, the most obvious way out of a control should not necessarily be the most favourable one. The course should be set to require the athletes' full concentration throughout the race. An environment that cannot provide this challenge is not appropriate for the Sprint.

G3.3 Responsibility

The Irish Sprint Championships is rotated through the four regional Associations, who will select, or invite clubs to tender, to stage the event in their region. The Organising Club shall take financial responsibility for the event, unless prior agreement has been reached with Orienteering Ireland, or a regional Association.

The organizing club of a competition shall appoint an Organiser who shall be responsible for all aspects of the competition up to the start line and from the finish line; and a Planner who shall be responsible for all aspects of the competition from the start line to the finish line. (Rule R5.1.1)

The Irish Sprint Championships shall be held under the Rules, Appendices, and Guidelines of Orienteering Ireland.

G3.4 Risk Assessment

The Organiser and Planner should conduct a risk assessment exercise to identify any potential risks, and to consider and implement any mitigating actions that may be required. This should include contingency plans to deal with injured or missing competitors or officials. The Event Risk Assessment should be used for this purpose. it should be completed by the competition Organiser and Planner and be checked and signed off by the Controller.

G3.5 Course Planning Considerations

In Sprint, spectators are allowed along the course but should not help or hinder the competitors. The course must be planned to avoid tempting competitors to take shortcuts through private property and other out-of-bounds areas. If there is such a risk, a marshal should be at such locations to prevent possible attempts. Areas so complex that it is doubtful whether a competitor can interpret the map at high speed should be avoided (e.g. complex three-dimensional structures).

G3.6 The Map

The ISSOM specification shall be followed. The map scale is 1:4,000 or 1:5,000 and shall have a contour interval of either 2.0m or 2.5m. It is important that the map is correct and possible to interpret at high speed, and that the mapping of features that affect route choice and speed are accurate. In non-urban areas, the correct mapping of conditions reducing running speed, both to degree and extent, is important. In urban areas, barriers hindering the passage of competitors must be correctly represented and drawn to size.

G3.7 Winning Times, Start Interval, And Timing

The target winning times for all age classes shall be 12 to 15 minutes, preferably in the lower part of range. The start interval in each class shall be 1 minute and be a time trial. Timing is normally to 1 second accuracy. The competitor shall have passed the start gate before having access to the map.

G3.8 Course Combinations, Technical Standards, and Course Length Ratios

Course	Technical Difficulty (1-5)	Classes	Course Length Ratios
1	3	M21, M20	1.00
2	3	M35, W21, M18, M40, W20	0.87
3	3	M45, M50, W18, M16	0.82
4	3	M14, W16, W14, M55, M60, W35, W40, W45	0.75
5	3	M65, M70, M75, M80, M85, M90, W50, W55, W60, W65, W70, W75, W80, W85, W90	0.53
6	2	M12, W12, M10, W10	0.50

Notes:

1) All of the course lengths should be scaled off the length of Course 1 using the Course Length Ratios.

   Course Length Ratios refer to course lengths which are corrected for height climb by adding 0.1 km for every 10m of climb to the length of the course.