Event Guideline F: Jan Kjellström Individual Events

1 General Information

Level: The Jan Kjellstrom Individual races are Level 1 (National) events.

One or both days will normally be designated World Ranking Events (WRE) by the IOF in conjunction with the Elite Competitions Group. If this is the case IOF Rules will apply, but only to the Elite classes involved. The IOF Rules are to be found on the IOF website at www.orienteering.org, under 'publications'.

Purpose: To provide a high standard of competition through a high quality event. The JK weekend is held each Easter in memory of Jan Kjellström who gave so much help in establishing the sport of orienteering in Great Britain. Day 1 is a Sprint race; Days 2 and 3 Individual cross-country races; Day 4 a Relay.

Nature of Event: Days 2 and 3 of the JK weekend are cross-country competitions held in daylight. Runners compete as individuals in age classes. The total time for the two days is used to determine each competitor's position.

Who May Compete: Anybody who is either a National or Local Member of British Orienteering, or is a member of another Federation affiliated to the IOF.

Responsibility: The JK is organised by Constituent Associations, or by clubs on behalf of their Constituent Association.

The organising body shall take financial responsibility unless prior agreement has been reached with British Orienteering.

[Rule 2.3.1]

The event Organiser will be required to make regular reports on the progress of the event to their Association and to the Major Events Group. The Major Events Group will report to Events Committee if at any stage it feels the event is at risk.

How to Apply: Allocation of each JK will be the responsibility of Fixtures Group. If possible a regional rotation will be implemented.

Officials: See Rules 4.1 to 4.4 (roles), Appendix C parts 1.2.1, 1.3.1 (recommended experience for organisers and planners), and 1.4.1 (level of controller and who is responsible for making the appointment), and Appendix H parts 3.3.1 and 3.4 (map adviser).

If the event is a WRE, a separate IOF Licensed Advisor will need to be appointed. This shall be a different person to the British Orienteering controller, even if they are qualified for this role.

Timescale: This is intended to give guidance only and is not an all-embracing list.

27 months	Area selected, officials agreed, timescales agreed, Map adviser appointed.
14 months	Survey underway to ensure correct seasonal representation.

12 months	Survey complete and draft colour map available for planning (new maps).
9 months	Survey complete and draft colour map available for planning (updated maps).
8 weeks	Planning completed.
4 weeks	Controlling of courses completed. Map files and course overprints sent to printer.
2 weeks	Overprinted maps available.
EVENT	Results displayed on the day and on the internet with a link from the British Orienteering web site by the evening. Preliminary results submitted to the ranking list.
+2 weeks	Results booklet posted.

Rule Variations: See Rules 1.3.5, 1.3.8.

2 Map and Terrain

Quality of Terrain: The terrain should be generally runnable and of good technical quality. Although it may not be possible to provide forested, intricate contour detail, every effort to increase the technical content of the courses should be made e.g. by using different terrain types in the same area. Variations between different parts of the country are inevitable.

The terrain for the event must be approved by a Grade 1 controller before the event is confirmed in the Fixtures List. The controller's report should confirm that all of the requirements listed below are met, and should be sent to the Major Events Group.

As a guide, the area should meet the following requirements:

(a) for day 2, the area should allow a (hypothetical) M21E course with a winning time of 67 minutes without undue repetition (although this might be reduced for an area of exceptional technical merit).

(b) for day 3, the area should allow an M21E course with a winning time of 90 minutes without undue repetition (although this might be reduced for an area of exceptional technical merit).

(c) At least 50%, and preferably considerably more, of the area which the longer courses will use should be reasonably runnable, and at least 75% for the shorter courses (i.e. the majority of the competition should avoid the need for long track runs).

(d) The area should not be so steep that the total climb on any course is more than 5% of the course length. (i.e. not more than an average of 50m climb per km of course length).

(e) Where several small areas are linked, the total amount of marked route should not exceed 10% of the total course length.

Map: The terrain should be field worked in order for the map to be legible if presented at a scale of 1:15,000.

See Rule 5.1 (requirements), Appendix H Mapping, and the International Specification for Orienteering Maps 2000.

Map Scales: The map scale for the Long distance races on Day 1 for age classes M/W18 to M/W40 shall be 1:15,000.

The map scale for the Middle distance races on Day 1 for the Elite classes shall be 1:10,000, drawn with lines, line screens and symbol dimensions 50% greater than those used for 1:15,000 maps.

The map scale for the Long distance races on Day 2 for all age classes M/W18 to M/W40 shall be 1:15,000.

On both days The map scale for age classes M/W45 and above, and for age classes M/W16 and below, shall be 1:10,000, drawn with lines, line screens and symbol dimensions 50% greater than those used for 1:15,000 maps.

Note that it is acceptable for the 1:10,000 map scale to be used for a Short class in the M/W18 to M/W40 age range when this is run on the same course as the Long class of an older age group.

3 Event Organisation

Organisation: The organisation should be sufficient to cope with the number of competitors expected to attend the event. Particular care is needed in finding a suitable car park and assembly area. The JK should normally provide the following facilities:

- an event web site for information, start lists, control descriptions, results, and on-line entry and payment
- entry closing date as close as possible to, and certainly no more than 28 days before, the date of competition
- start list at assembly area and at pre-start
- where an area has been used for an earlier event, unmarked maps on display in the assembly area (these may be of the map used for the earlier event)
- unmarked maps on display in start lanes
- map collection for the Elite courses if a World Ranking Event (it is not required for other classes)
- same control site format at each control, with sample on display at the pre-start
- on-course refreshment points - drinks available after a maximum of 25 minutes' running time, and every subsequent 25 minutes
- radio control sites for the Elite courses
- frequently updated results display

- public address system for commentary
- a dignified and prestigious ceremony to present the prizes to at least the winners of all classes. This could be at the event once the results are known, at a formal prize-giving on the Sunday evening, or at the JK Relays.

Start Times: Start time allocation and seeding for all Long and A classes shall be in accordance with Appendix L.

Start time allocation and seeding for the Elite classes shall be carried out in conjunction with the Elite Competitions Group.

The start interval for the Elite classes running the Middle distance races on the Saturday should be two minutes.

The start interval for the Elite classes running the Llong distance races on the Sunday should be three minutes, with start times allocated in the reverse order of the day 1 results. i.e. the day 1 leaders start at the latest start time allocated to the respective Elite classes.

See Rules 8.1.1, 8.1.2, and 8.1.4

Badge Calculations: Times from each day separately will be used to determine Badge times. Badge times should be calculated as described in Appendix J (The Badge Scheme), and included in both online and printed results.

Ranking Scheme: Times from each day separately will be used to determine competitors' ranking points. Preliminary results should be submitted as soon as possible after (ideally on the day of) the event. Final results should be submitted within two weeks of the event. See Appendix K (The Ranking Scheme) for details.

Note: World Ranking Event results for the Elite classes must also be submitted separately to the IOF. Full details can be found on the World Ranking page of the IOF web site.

4 Course Planning

Courses: Courses are to be provided for the following range of age classes:

M/W 10 to M/W 80.

A and B courses shall be offered for M/W10, M/W12, M/W14, and M/W16 classes. In each class the B course shall be technically easier than the A course.

Long (L) and Short (S) courses shall be offered for all M/W18 to M75 & W70 classes. Only a Long course shall be offered for M80 and W75/80.

Elite (E) courses shall be offered for M/W21, M/W20, & M/W18 age classes. Wherever possible, the Elite courses should have separate control sites from non-Elite courses to avoid interference.

If one class is heavily oversubscribed then two parallel courses should be provided (see Appendix L).

Where possible, Colour Coded courses should be provided for beginners and less competent competitors. Appropriate colours would be White, Yellow and Orange. However, the age class competition must not be compromised by any colour coded courses and it is strongly recommended that these are not the same as those used for the main event.

Running Times: As the JK is a two-day event, the courses for all except the Elite classes should be 10% shorter than recommended for Area Championship Events.

The Saturday race for M/W21E, M/W20E & M/W18E shall be a Middle distance race.

The Sunday race for and M/W21E, M/W20E & M/W18E should be a full length Long distance race, with no 10% reduction. This is taken into account in the course table. (M/W21E winning times should be 90 and 70 minutes respectively).

Class Combinations: The combining of junior classes must take into account not only the course lengths but more importantly the Technical Difficulty. On this basis the combinations of junior classes shown give the minimum number of courses which can be provided.

The numbers of competitors typically running on similar length courses on the different map scales usually makes it impractical to use the same course for both sets of age classes.

Saturday Elite classes:

Course	Classes	TD	Winning Time (mins)
1	M21E, M20E, M18E	5	30 - 35
2	W21E, W20E, W18E	5	30 - 35

Saturday all classes except Elite ; Sunday all classes :

Course Number	Course Length Ratio M21L = 1.0	Technical Difficulty	Men: E,L,A Classes	Men: S,V,N,B Classes	Women: E,L,A Classes	Women: S,V,N,B Classes	Map Scale
1	1.34	5	M21E (day 2)				1:15,000
2	0.96	5	M20E M18E (day 2)				1:15,000
3	0.84	5			W21E (day 2)		1:15,000

4	0.63	5			W20E W18E (day 2)		1:15,000
5	1.00	5	M21L				1:15,000
6	0.88	5	M35L				1:15,000
7	0.82	5	M40L				1:15,000
8	0.66	5	M20L M18L	M21S	W21L		1:15,000
9	0.59	5		M35S	W35L		1:15,000
10	0.54	5		M40S	W40L		1:15,000
11	0.44	5		M20S M18S M21V	W20L W18L	W21S	1:15,000
12	0.37	5				W35S W40S	1:15,000
13	0.72	5	M45L				1:10,000
14	0.66	5	M50L				1:10,000
15	0.59	5	M55L				1:10,000
16	0.54	5	M16A M60L				1:10,000
17	0.48	5		M45S	W45L		1:10,000
18	0.44	5	M65L	M50S	W50L		1:10,000
19	0.39	5		M55S	W55L		1:10,000
20	0.36	5	M70L	M60S	W16A W60L W65L		1:10,000
21	0.33	5	M75L M80	M65S	W70L	W20S W18S W21V W45S W50S	1:10,000
22	0.28	5		M70S M75S	W75 W80	W55S W60S W65S W70S	1:10,000
23	0.50	3		M21N			1:10,000
24	0.35	3				W21N	1:10,000
25	0.37	4	M14A	M16B			1:10,000
26	0.30	4			W14A	W16B	1:10,000

27	0.25	3	M12A	M14B	W12A	W14B	1:10,000
28	0.22	2	M10A	M12B	W10A	W12B	1:10,000
29	0.14	1		M10B		W10B	1:10,000

Notes: (a) M21L should be planned such that a top elite-standard competitor would win it in 67 minutes. This is likely to give an actual winning time of around 75 to 80 minutes for M21L on both days. All other course lengths should be scaled to the length required for M21L, which has been allocated a course length ratio of 1.00.

(b) The reductions in running times compared to National Events for the non-Elite classes is already allowed for in the Course Length Ratios.

(c) Planners should note that course length ratios refer to course lengths which are "corrected" for height climb (by adding 0.1 km for every 10m of climb).

(d) for the courses of TD1-3 (particularly courses 27-29) it is more important that the course is of the correct TD than of the correct length – it will often be the case that the nature of the terrain forces the course length away from the precise course length ratio given above. Also, these courses must not be made harder than usual "because it's the JK".

Course on Map: See Rules 5.2 and 5.3 (pre-marked maps), 6.2.4 (proximity of controls), and Appendix B parts 4.1.1-13 (symbols), 4.1.14 (map cases), 4.2 (map corrections), 4.4.1 (start position).

Control Descriptions: See Rule 6.1.2/3 (course length and climb), 6.6.2 (issue to competitors) and Appendix A (layout of description sheet and symbols to be used).

5 Further information

Other Information: Appendices B (course planning), E (event safety), and G (protests, juries and appeals).

If you cannot find the answer to a question within the published Rules, Appendices and Guidelines then please contact the Chairman of Rules Group via British Orienteering National Office.