

Event Guideline U: JK Sprint Championships

1. General Information

1.1 Nature of Event

The JK Sprint Championships shall be held annually, as a part of the JK competition, to determine the JK Sprint Champions in all age groups.

The event should normally be held on Good Friday.

The JK Sprint Championships is a Level 2 event.

1.2 Eligibility

Anybody who is either a National or Local Member of British Orienteering, or is a member of another Federation affiliated to the IOF may compete.

There may be selection and/or seeding of runners in the Open classes (M/W18/20/21). If required, the selection policy shall be the responsibility of the Elite Competitions Group. Selection should normally provide:

- a majority of places allocated on the basis of performances in the current year (using UK Cup results or similar);
- a small number of places to be allocated to those not qualifying by the first method, based on a written application.

1.3 Terrain

The terrain should be predominantly in very runnable park or urban (streets/buildings) areas. Some fast runnable forest may be included. Areas so complex that it is doubtful whether a competitor can interpret the map at high speed should be avoided.

Safety and fairness must be prime considerations thus traffic free conditions should be guaranteed, either by closing roads to traffic or by selecting enclosed areas such as parks or university campuses where there is no traffic or where traffic can be safely controlled.

1.4 Officials

The officials for the event shall meet the requirements set out for a Level 2 event in Appendix C (Event Officials).

The Planner and Controller shall have experience of Sprint races and Sprint maps.

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2. Organisational Requirements

2.1 Overall Format

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 Sprint Championships should normally provide the following facilities:

- 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 (M/W21) 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
- radio control sites for the Elite courses
- frequently updated results display
- public address system for commentary
- a dignified and prestigious ceremony to present medals to the first three in all classes.

2.2 Start Times

Start time allocation and seeding for all 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 all classes shall be 1 minute.

2.3 Badge Calculations

Times 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.

2.4 Ranking Scheme

Times 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: When selected as a WRE, 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.

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3. Planning Requirements

3.1 Courses

The number of courses to be provided depends on the size of entry. The class combination given below is designed for a total entry of 1500.

course	ratio	TD	class combinations	winning time
1	1.00	3	M21E, M20E, M18E	12 – 15 minutes
2	0.90	3	W21, W20, W18	12 – 15 minutes
3	0.87	3	M35, M40, M45	12 – 15 minutes
4	0.82	3	M50, M16, M14	12 – 15 minutes
5	0.77	3	M55, W35, W16, W14	12 – 15 minutes
6	0.73	3	M60, W40, W45	12 – 15 minutes
7	0.60	3	M65, M70, W50, W55, W60	12 – 15 minutes
8	0.50	3	M75, M80, M12, W65, W70, W75, W80, W12	12 – 15 minutes
9	0.60	2	M10, W10	12 – 15 minutes
10	0.95	3	Open	12 – 15 minutes

Notes:

- The table anticipates that course 1 is oversubscribed such that those not selected as M18/20/21E are seeded either into course 10 (Open) or into their usual age class course. For example, an M40 wishing to run course 1 may do so if he is selected as M21E or if the course is not oversubscribed. Otherwise he will either compete in course 10 or be offered the chance to compete in course 3 as an M40 (or even as an M35!).
- M/W20E and M/W18E courses are paired with the corresponding M/W21E courses.
- It is not anticipated that course 2 is oversubscribed so there will be no need to seed runners onto a separate course. As a result, all W21s, 20s and 18s will run this course, irrespective of whether or not they are deemed to be Elite.
- Course length ratios are based on those already established for Long races with the exception that all women's courses have been increased in length to reflect their relatively greater speed in Sprint terrain.
- Although the TD for courses 1 – 8 is quoted at level 3, it is recognised that the higher pace of the typical Sprint race might arguably warrant a maximum of level 4 instead. Technical difficulty criteria were not designed with Sprint races in mind!
- The nature of TD in Sprint terrain means that it is quite natural for younger juniors to share the same course as older adults

3.2 Planning Considerations

There should be an emphasis on very high speed running over a relatively short distance.

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The planning should emphasise map reading, map interpretation and route choice in environments which may appear complex at very high speed. Finding the controls should not be the challenge; rather the ability to choose and complete the best route to them.

The nature of the terrain means that courses should only be of technical difficulty 3, but the speed of the event adds extra pressures which compensate for the lack of technical challenge.

The possibility of the runners being influenced by spectators, dogs, general public, traffic, etc. should be minimised.

4. Other Information

4.1 Race Presentation

The event should be presented in a manner that is attractive to spectators and the media. This should include the following aspects:

- Start and Finish in the race arena if at all possible.
- Race numbers for elite competitors.

There should be spectator areas where spectators can follow the race to the maximum extent. However, this needs very careful crowd control in order to ensure that they do not interfere with or influence the race.

4.2 Prizes

Medals shall be awarded to the first three finishers in each age class.

4.3 Mapping

The map should be drawn to the current IOF Specification for Sprint Orienteering Maps (ISSOM) with a scale of either 1:5,000 or 1:4,000 (for older classes), and a contour interval of either 2.0m or 2.5m. In terrain with exceptionally fine detail, scales of 1:4000 and 1:3000 (for older classes) may be used.

4.4 Further advice

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.

There is also important advice about the nature of the Sprint discipline contained in the IOF Competition Rules (Appendix 6).