

Level 3 Controllers Workshop

Canberra October 2011

Event Formats

Course Formats

SUMMARY TABLE	Sprint	Middle Distance	Long Distance	Relay
Controls	Technically easy	Consistently technically difficult	A mixture of technical difficulties	A mixture of technical difficulties
Route Choice	Difficult route choice, requiring high level of concentration	Small and medium scale route choice	Significant route choice including some large scale route choice	Small and medium scale route choice.
Type of Running	Very high speed	High speed but requiring runners to adjust their speed for the complexity of the terrain	Physically demanding, requiring endurance and pace judgement	Highspeed often in close proximity to other runners who may, or may not, have the same controls to visit
Terrain	Very runnable park, streets or forest	Technically complex terrain	Physically tough terrain allowing good route choice possibilities	Some route choice possibilities and reasonably complex terrain
Map	1:4000 or 1:5000	1:10000 (or sometimes 1:15000)	1:15000 or 1:10000	1:10000 (or sometimes 1:15000)
Start Interval	1 minute	2 minutes	2 minutes	Mass start
Timing	1 second	1 second	1 second	Finish order across line
Winning Time	12-15 minutes	30-35 minutes	See rules 16.9 and 16.10	See rules 16.10 and 16.12
Summary	Sprint orienteering is a fast, visible easy-to-understand format allowing orienteering to be staged within areas of significant population	Middle distance orienteering requires fast, accurate orienteering for a moderately long period of time. Even small mistakes will be decisive.	Long distance orienteering tests all orienteering techniques as well as speed and physical endurance.	Relay orienteering is a competition for teams of three runners running on a virtually head-to-head basis with a first-past-the-post winner. Exciting for spectators and competitors.

Know the Rules and Guidelines

- Rules (OA, IOF), Guidelines (NOL, WRE)
- Mapping specifications (incl. course printing)
- Control descriptions
- Course planners need to know these as well

- Course Winning Times
- Reasonable climb
- Proximity of controls
 - Sprint – 15/30m
 - Other formats – 30/60m
 - Distance is straight line (see guidelines)
- Water controls – plan ahead

Working with the Course Planner



- Review the course formats and expectations
- Confirm Class and Course combinations
 - Refer Guidelines in OA Rules
 - Need to consider expected entries and available start window
 - Add Extra courses if required
- Course Length “Determinator” example
- Iterative course review process

Sprint Events



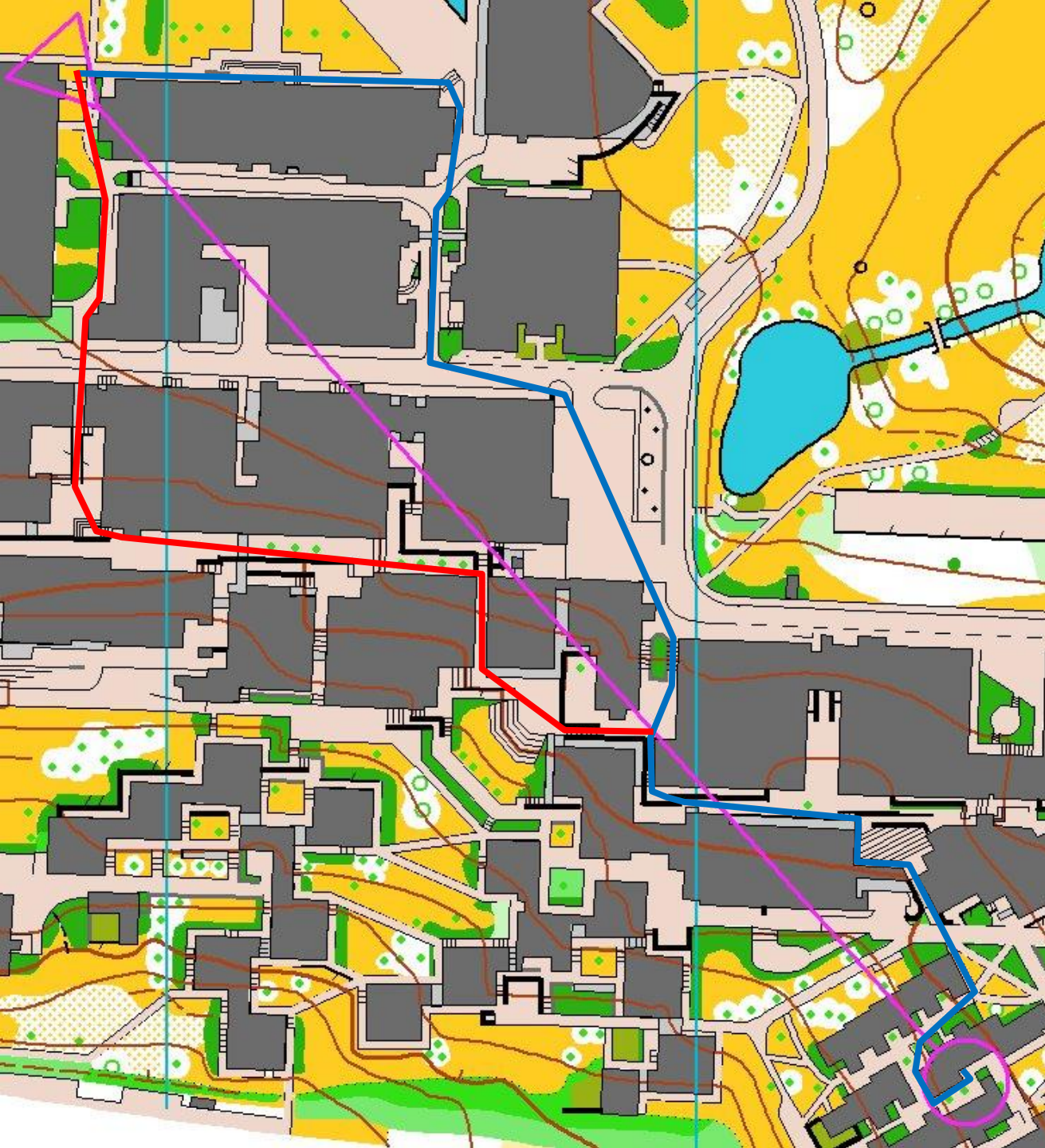
- Understand Map Specifications and advertise them to competitors
 - Features “Forbidden to Cross” - Impassable
 - Don’t set courses to encourage rules being broken
 - Putting controls in areas shown as Out of Bounds
 - Tempting crossings of Forbidden features
 - Need to be able to enforce rules fairly



Sprint - Long legs

- Are boring if there's not much navigation





- So try to give sustained navigational challenge along the whole length of the leg.
- Lots of decision points in this 360m leg
- Is it fair to set a leg like this as the first one (too little time to plan it)?



M50A WMOOC Sprint Final

- 21 controls in 2.3 km
- 4/5 different terrain types
- 3-4 – good use of “new urban” terrain
- WT: 14:04 (James Crawford)