

Level 3 Controllers Workshop

Adelaide Aug 2009

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 | Middle distance orienteering requires fast, accurate orienteering for a | Long distance orienteering tests all orienteering techniques as well as speed and | Relay orienteering is a competition for teams of three runners running on a virtually head- |

Working with the Course Planner



- Review the course formats and expectations
- Confirm Class and Course combinations
- Course Length Determinator
- Iterative course review process

Sprint Events



- Understand Map Specifications
 - Un-crossable Features
 - Don't set courses encourage rules being broken
 - Putting controls in areas shown as Out of Bounds
 - Tempting crossings of un-crossable features (e.g. Stromlo Map)
 - Need to be able to enforce rules fairly
- Refer to Presentation on BOF website for more on Sprint courses



Example Course Maps



- Sprint
- Middle
- Long
- Relay