Level 3 Controllers Workshop
Canberra October 2011

Event Formats
# Course Formats

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