

EVENT SERIES AND TYPES GUIDELINES

1.0 TYPES OF ORIENTEERING EVENTS

The Tasmanian Orienteering Calendar consists of a number of event types.

1.1 TWILIGHT EVENTS

- Held on weeknight evenings during daylight savings
- Take place on streets, parks or bushland close to major towns
- Includes Summer Series, Twilight Series and Schools events
- Three or four courses are offered – long, medium, short (and beginners/primary)
- Generally, start times from 3.30 pm until 6.30 pm

1.2 LOCAL EVENTS

- Normally held on a Sunday in bush and parklands close to major towns
- Four courses offered - long, medium, short and novice.
- Start times 10.00 am to 12.00 midday

1.3 ORIENTEERING SERIES TASMANIA (OST)

- A state-wide series of about 10 events normally held on a Sunday throughout the year and in areas that provide a more interesting navigational challenge.
- Newcomers and occasional orienteers welcome at all events.
- 8 courses are offered: 5 with hard navigation, 2 with moderate navigation, 1 with easy navigation.
- Generally, start times are between 10.00 am and 12.00 midday.
- Pre-entry is required.
- Competitors are free to run whichever course they like, regardless of age or gender.
- There is an overall male and female winner, as well as a handicap winner for each course.
- OST points are awarded for finishing place and time relative to the winner of the course.
- Excellence points are awarded to all competitors on age-appropriate or more challenging hard navigation courses and M/W12 and M/W14 competitors on the long moderate course.

1.4 TASMANIAN CHAMPIONSHIP EVENTS

- The three Tasmanian Championship events are Long, Middle and Sprint.
- The Championship events are designated as Badge Events.
- Newcomers and occasional orienteers are welcome at all championship events.
- 8 courses are offered: 5 with hard navigation, 2 with moderate navigation, 1 with easy navigation.
- Generally, start times are between 10.00 am and 12.00 midday, and will be pre-allocated.
- Pre-entry is required.
- Entry is age-based and competitors enter in the age class in which they wish to compete.
- To be eligible for a place, competitors must be a member of an orienteering club and enter their age-appropriate course or a more challenging course.
- Excellence points are awarded to all competitors on age-appropriate or more challenging hard navigation courses and M/W12 and M/W14 competitors on the long moderate course.

Details on how to organize and plan courses for these different event types can be found on the Organisers Toolkit page of OT's website.

The rules for awarding points for OST events are detailed in Operational Manual 6.05 Awards Rules and Guidelines.

2.0 EVENT SPECIFICATIONS

2.1 LOCAL EVENTS

Course	Approx. length	Navigation	# controls	Max Climb*
Long	4-6 km	Moderate/Hard	14 - 18	4 to 5%
Medium	3-4 km	Moderate/Hard	10 - 15	<4%
Short	2-3 km	Easy	9 - 12	<4%
Novice	1.5- 2 km	Very easy	9 - 12	<4%

*Climb is calculated as climb/distance for optimum route choice.

- It is preferable to use a maximum of 18 controls on any course, because some people attending local events will be using P-cards which will only store 20 punches, and we need to allow for the occasional double punch. If you really want more than that, you can offer free loan of SI-sticks.
- Use International symbolic control descriptions for all courses, but have Condes convert them to text, and over-ride Condes text if necessary, e.g. 'bench' instead of 'Special item'.

2.2 OST EVENTS

Courses available are provided in the table below. Competitors are free to run whichever course they like, regardless of age.

Orienteers less confident with their navigation should run a moderate course. New orienteers should first try an easy course and only move up a course after doing well on an easier course.

Groups are allowed on moderate and easy courses but not on hard courses.

2.2.1 Course Guidelines

With the exception of some consecutive OST events, the Long Distance table below should be used as a guide.

2.2.2 Winning times

Event organisers should note that it is very important to achieve winning times as close as possible as those listed below. This will require research into course kilometre rates achieved at previous events on the area with adjustment for increased/decreased vegetation or steeper/flatter courses. Organisers requiring help calculating course lengths should speak to an experienced course planner, event controller or the Technical Director.

Indicative distances are also shown in the table below. These are examples only. Achieving the appropriate winning time is the primary objective.

2.2.2 OST course-based competition

- For the purposes of overall OST calculations, there will be an **overall male** and **overall female** winner for each course (in practice, Course 1 will most likely have only an overall male winner) and a **handicap** winner for each course.
- OST points are awarded for finishing place and time relative to the winner of the course at each event.
- The handicap winner is determined using the kilometre rate weighting already used to calculate Excellence Points. Note that this handicap is a constant throughout the year (i.e.

based on age and sex) rather than a variable (i.e. based on recent performance). The handicap results will be calculated after each event and published on Eventor, alongside the overall male and female winner

- The exception to this is the easiest course which will be a non-competitive class at OST events (in line with Sport Australia recommendations that sport for those under 13 be participation-focused rather than competition-focused). Shadowing will be allowed and encouraged for younger or less experienced orienteers. More confident young juniors can run the short moderate course and be eligible for an OST award.

2.3 CHAMPIONSHIP EVENTS

There are three Tasmanian championship events: Sprint, Middle Distance and Long Distance. These events are also designated Badge events. Entry to each of these events will normally be by pre-entry. To accumulate Excellence points or Badge credits, competitors must run in their appropriate age class or in a more difficult class.

Competitors choosing to enter a more difficult age class will accrue points against that class. For example, a M35 runner could compete in two races in M35A and two in M21A. He would end up with Excellence points (and Badge credits where applicable) for both the M21A and M35A classes.

2.3.1 Course Guidelines (Long Distance Format) for OST and Championship Events

COURSE	TARGET WINNING TIME (min)	NAVIGATION STANDARD	INDICATIVE DISTANCE (km)	SUITABILITY and NOTES	AGE GROUP CLASSES for CHAMPIONSHIPS
1	80 – 90	Hard	10	Experienced orienteers	M21, M20, M35, M40
2	65 – 75	Hard	8	Experienced orienteers	W21, W20, W35 M18, M45, M50, M55
3	55 – 65	Hard	6	Experienced orienteers	W18, W40, W45, W50 M16, M60
4	55 – 60	Hard	5	- Experienced orienteers - Orienteers transitioning from moderate to hard navigation	W16, W55 M65, M70
5	55 – 60	Hard	4.5	- Experienced orienteers - Orienteers transitioning from moderate to hard navigation	W60, W65, W70, W75, W80, WOpenA M75, M80, MOpenA

COURSE	TARGET WINNING TIME (min)	NAVIGATION STANDARD	INDICATIVE DISTANCE (km)	SUITABILITY and NOTES	AGE GROUP CLASSES for CHAMPIONSHIPS
6	45 – 50	Long moderate	4.5	<ul style="list-style-type: none"> - Less experienced adults who would normally run the Long course at local events - More experienced M/W14 competitors - Juniors who aspire to make the schools team in the junior boys or junior girls category. - Adults who prefer moderate navigation courses 	W14A, WOpenB M14A, MOpenB
7	30 – 40	Short moderate	3.5	<ul style="list-style-type: none"> - Less experienced adults who would normally run the Medium course at local events - Juniors in their first year of M/W14 - More confident M/W12 competitors 	W12A, W14B, WOpenC M12A, M14B, MOpenC
8	25 – 30	Easy	2.5	<ul style="list-style-type: none"> - Novice orienteers - Adults who would normally run the Short course at local events - M/W10 competitors - Less confident M/W12 competitors 	W10, W12B M10, M12B

2.3.2 **Tasmanian Middle Distance Championship Courses**

Course design should follow the same pattern as for Long course events above except that the target winning time on all courses should be 35 minutes, and length and physical challenge should be adjusted accordingly.

NOTE – It is acceptable to use the same course for courses 1 and 2 above and also for other adjacent courses such as 4 and 5. If this were done, 8 courses would still be offered for pre-entry. However different start blocks would be allocated to ensure competitors on these courses do not start together.

2.3.3 **Tasmanian Sprint Distance Championship Courses**

Course design should follow the same pattern as for Long and Middle Distance course events above, except that the target winning time on all courses should be 15-20 minutes, and length and physical challenge should be adjusted accordingly.

The Sprint Championships should be conducted in a park/urban type environment as far as practicable so the essence of the format, higher speed and quick decision making, is captured in the conduct of the Championship. If a different terrain is chosen, it must be suitable for the Sprint event format.

It is strongly recommended that the structure of the Sprint Distance Championship should include an initial Prologue race with target winning time of 12 -15 minutes for all courses and from which the results are used to establish a start order for the Championship race proper. The rationale here is to provide better value for those participants travelling some distance to compete in this relatively short Championship event.