

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 Wednesday or Thursday evenings during daylight savings
- Includes Summer Series, Corporate Challenge 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
- You can enter on the day.

1.2 LOCAL EVENTS

- Normally held on a Sunday
- Includes “Come and Try It Events”
- Four courses offered - long, medium, short and beginners.
- Start times 10.00 am to 12.00 midday
- Enter on the day.
- Start at 2 minute intervals

1.3 ORIENTEERING SERIES TASMANIA (OST)

- A state-wide series of about 12 events normally held on a Sunday throughout the year and in areas that provide a more interesting navigational challenge.
- Events in the latter part of the year include the Northern and Southern Regional Championships and each of the Tasmanian Long, Middle Distance and Sprint Championships.
- Usually at least four of these events are designated as Badge Events.
- Newcomers and occasional orienteers welcome at all events.
- 9 courses are offered: 6 with hard navigation, 1 with moderate navigation, 2 with easy navigation.
- Generally, start times are between 10.00 am and 12.00 midday.
- Pre-entry is often required, and pre-printed maps are always used.
- To accumulate points towards Individual Excellence, competitors must enter their age-appropriate course or a more challenging 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'.
- If you are using the lockable controls in an urban area, make sure that there is something at each control location at the appropriate height to which to attach the lockable control (on a thin wire)

2.1 **OST NON-CHAMPIONSHIP EVENTS**

Courses available and age class groups are provided in the table below.

Orienteers less confident with their navigation should run course 7. New orienteers should first try course 8 or 9 and only move up a course after doing well on an easier course.

Groups are allowed on courses 7-9 but not on courses 1-6.

2.1.1 **Course Guidelines**

With the exception of the Tasmanian Middle & Sprint Championships, and some consecutive OST events, the Long Distance table below should be used as a guide.

2.1.2 **Winning times**

Event organisers should note that it is very important to achieve winning times as close to possible as those listed below. This will require research into course kilometre rates achieved at previous events on your event 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 indicated in the table below. These are examples only. Achieving the appropriate winning time is the true objective.

2.2 **OST COURSE BASED COMPETITION**

To further encourage competition, the Statistician will record and publish a separate finish order for men and women on each course, to allow entrants informal competition between themselves.

2.3 **OST BADGE AND CHAMPIONSHIP EVENTS**

These are again age-based events comprising two regional Badge events, together with the Tasmanian Sprint, Middle Distance and Long Distance Championships. Each of these events will normally be by pre-entry. To accumulate points or Badge credits, competitors must run in their appropriate age class or in a more difficult class. Points are awarded for finishing place and time relative to the winner of the 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 OST points (and Badge credits where applicable) for both the M21A and M35A classes. To make it easier for the Statistician competitors MUST indicate, in their pre-entry details for each event, the age class in which they are competing.

2.3.1 Course Guidelines (Long Distance Format)

COURSE	TARGET WINNING TIME (minutes)	NAVIGATION STANDARD	INDICATIVE DISTANCE	AGE GROUP CLASSES
1	80 – 90	Hard	12 km	M21 ¹
2	65 – 75	Hard	9 km	W21 ¹ M17-20, M35, M40
3	55 – 65	Hard	7 km	W17-20, W35 M16, M45, M50, M Open AS
4	55 – 60	Hard	5.5 km	W16, W40, W45, W50, W Open AS M35-50AS, M55, M60
5	50 – 55	Hard ²	4 km	W35-50AS, W55, W60, W65, W70, W75 M65, M70, M75
6	45 – 50	Hard ³	3.5km	W80+ M80+ M/W Open A ⁴ , M/W55+AS
7	30 – 40	Moderate	4 km	W14, W16+B M14, M16+B M/W Open B
8	25 – 30	Easy	3 km	W12, W14B M-12, M14B M/W Open C
9	20 – 25	Very Easy	2 km	W10, W12B M10, M12B

¹ When in conjunction with a national event and large entry numbers, additional courses may be inserted as per OA rules for Australian Championships.

² Using control features that are easy to read on the map.

³ Are not too physically demanding, with fence crossings, climb etc. See 2.2 Course Planning Guidelines document

⁴ Intended for experienced orienteers recovering from injury or otherwise physically compromised.

2.4.2 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 would be acceptable to utilise the same course for courses 1 and 2 above and also for other adjacent courses such as 8 and 9. If this were done, 9 courses would still be offered for pre-entry. However different start blocks would be allocated to ensure competitors on courses 1 and 2 or 8 and 9 do not start together. Course 6 has distinct design requirements and should not be paired with another course.

2.4.3 **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.

NOTE – It would be acceptable to utilise the same course for courses 1 and 2 above and also for other adjacent courses such as 3 and 4 or 8 and 9. If this were done 9 courses would still be offered for pre-entry. However different start blocks would be allocated to ensure competitors on courses 1 and 2 or 3 and 4 or 8 and 9 do not start together.

Course 6 has special design provisions and should not be an alternate to Course 5 (see document 2.2 Course Planning Guidelines).

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.