



# ORIENTEERING TASMANIA

## POLICIES AND GUIDELINES

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EVENTS – TYPES, RULES, AWARDS

### TYPES OF ORIENTEERING EVENTS

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

#### TWILIGHT EVENTS

- Held on Wednesday evenings during daylight savings
- Includes Summer Series and Schools events
- Four courses are offered – long, medium, short and beginners
- Generally start times from 4.00 pm until 6.00 pm (5.30 pm for southern schools events)
- You can enter on the day.

#### 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
- 6 minute map markup time before start time.
- Results to be tabulated and forwarded to statistician by midday Monday.

#### TASMANIAN ORIENTEERING SERIES

- A series of about 7 events normally held on a Sunday from march to June.
- A state-wide series held in areas that provide a more interesting navigational challenge
- Newcomers and occasional orienteers welcome at all events.
- 8 courses offered, 5 hard navigation, 1 moderate navigation, 2 easy navigation.
- Competitors free to run whichever curse they like regardless of age.
- Generally start times 10.00 am – 12.00 midday.
- Generally no pre-entry – either 6 minutes to mark up map or pre-printed maps.

#### STATE LEAGUE EVENTS

- Similar to TOS events but age-based and pre-entry is used for competitive orienteers.
- Usually conducted from July through to the Tasmanian Championships in September.

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APPROVED BY OT EXECUTIVE	

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**EVENTS – TYPES, RULES, AWARDS**


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- Newcomers and occasional orienteers are welcome at all events. However only limited enter on the day courses will be available and these must be marked up during the competitors race time
- Usually includes two events and each of the Tasmanian Long, Middle Distance and Sprint Championships Usually at least three of these events are designated as Badge Events.

**COMPETITION RULES AND AWARDS:****GENERAL RULES FOR TOS AND STATE LEAGUE**

Events to count towards final results in a series.

When a series contains 6 to 10 events, (x) the number of events that will count towards a total score will be the total number of events in the series less 2. A competitor competing in more than the required number of events will have their lowest score(s) disregarded.

When a series contains 4 or 5 events (y) then the results will be determined on the best scores from the number of events less one. A competitor competing in all events will have the lowest score disregarded.

Organisers credits:

Course planners and event controllers will be credited for points as if they had competed in the event they organised. This credit will be based on the average of the points scored in the other events in the series in which they competed. The credit will only be awarded if they competed in x-4 events, or y-2 events. That is, the organiser must generally compete in a minimum of 3 TOS events and a minimum of 2 SL events to be eligible for the organisers point

Where an organiser competes in more than (x-2) events, his/her lowest score will be disregarded before calculating the average and then the second lowest disregarded. Where the organiser competes in X-2 or (Y-1) events, the average will be determined before the lowest score is discarded.

Where the organiser competes in less than (x-2) or (y-1) events the average will be added to the scores in the events competed.

In the unlikely event that a member organises two events in a series the same principles will apply.

**TASMANIAN ORIENTEERING SERIES (TOS)**

- With 7 events, the best results from 5 of the 7 events held are counted
- Only paid up members of OT clubs are eligible to score points
- Only courses 1 to 6 will be awarded points
- Points gained on different courses cannot be aggregated.
- Courses available and suggested age groups are provided in the table below. Note that the age groups are just a guide as competitors are free to choose whatever course they like. Orienteers less confident with their navigation should run course 6.

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**EVENTS – TYPES, RULES, AWARDS**


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newcomers should first try course 8 and only move up a course after doing well on an easier course.

- Groups are allowed on courses 5-8 but not on courses 1-4.
- Unless maps are pre-marked there will be a 6 minutes map markup time.
- The table below is a guideline for course planners.

<b>Course</b>	<b>Winning Time</b>	<b>Navigation Standard</b>	<b>Approximate Distance(+)</b>	<b>Suggested Course for Experienced Orienteers</b>
1	70 - 75 minutes	Hard	9 to 12 km	M21,
2	55 - 60 minutes	Hard	6 to 9 km	M17-20, M35, M40, W21
3	45 - 50 minutes	Hard	4 to 6 km	M-16, M45, M50, W17-20, W35,
4	40 - 45 minutes	Hard	3 to 4 km	M55, M60, W-16, W40, W45, W50
5	35 - 40 minutes	Hard	4 to 6 km	M65, M70, M75, W55, W60, W65, W70, W75
6	30 - 35 minutes	Moderate	3 to 4 km	M14, M80, W-14, W80
7	25 - 30 minutes	Easy	2 to 3 km	M-12, W-12
8	20 - 25 minutes	Very Easy	2 km	M-10, W-10

- (+) Course length depends on terrain  
 \* Using control features that are easy to read on the map.

Event organisers should note that it is very important to achieve winning times as close to possible as those listed above. 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. If you need help calculating your course lengths please speak to the Event Director or an experienced course planner.

**TOS AWARDS:**

Separate scoring is recorded for men and women in each of courses 1 to 6. In each case, the scoring system is based on your position and time behind the winner as follows:

<b>Position</b>		<b>Time behind winner</b>	
First	10 Points	Within +5%	10 points
Second	9 Points	+10%	9 Points
Third	8 Points	+15%	8 Points, etc
	Down to a minimum of 1 point	Above 50%	1 Point minimum

With this system, the maximum possible score for a competitor on any event is 20 points and the minimum for any competitor who finishes is 2 points

A Note on "Running Down"

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**EVENTS – TYPES, RULES, AWARDS**


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"The fairness can be upset when very fast orienteers decide to 'run down'. In the extreme case, elite runners, exercising their right to test their short course skills, can deprive every one of the normal runners on a course of all their time points (by running more than one and a half times the usual winner's speed), and also some position points for the event. This forces most of the usual runners, including the usual winners, to discard this event.

Nonetheless running down should not be discouraged! On the contrary, it adds a bit of ginger to the event. Those who run down and are aware of the 'unfairness' they can cause currently disqualify themselves by writing 'Unofficial' on their control cards. But, unless so informed, the statistician must assume that all are official and work out TOS points accordingly.'

### STATE LEAGUE EVENTS

The State League consists of 4 events. It is age based with best 3 of 4 results to count. It will consist of two Badge events, the Tasmanian Short Course Championships and the Tasmanian Championship. All of these events will normally be pre-entry. Unlike the TOS series, to accumulate points or Badge credits competitors must run in their correct or higher age class. Points are awarded for your finishing place and your time relative to the winner of your class.

If you choose to compete in a higher age class your points will count against that class. For example a M35 runner could compete in two races in M35A and two in M21A. He would end up with State League points (and Badge credits where applicable) for both the M21A and M35A classes. This rule should be borne in mind given that the best three of four results count for the final State League class awards. To make it easier for the Statistician you **MUST** put the age class that you are competing on your control card.

Competitors who organise an event and cannot therefore compete are awarded points based on the average of other events in the series they compete in. This applies to a maximum of one event in each series.

#### Course Guidelines

<b>Cours e</b>	<b>Navigation</b>	<b>Target Winning Time</b>	<b>Age Group Classes</b>	<b>Approx distance depending on terrain (km)</b>
1	Hard	80	M21 <sup>1</sup>	12
2	Hard	70	M17-20, M35, M40 W21	9
3	Hard	60	M-18, M21AS, M45, M50 W17-20,W35,	7
4	Hard (Distinct Map Features)	55	M16, M55, M60 W18, W21AS, W40, W45, W50	5.5

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5	Hard (Distinct Map Features)	50	M65, M70, M75, M35- 50AS W16, W55, W60, W75, W70, W75, W35-50AS	4
6	Moderate	45	M14, M80, all M16+ B classes W14, W80, all W16+ B classes	3
7	Easy	30	M12, M14B, all C classes W12, W14B	3
8	Very Easy	20	M10, M12B W10, W12B	2

<sup>1</sup> In some cases an extra two courses for elite competitors ( M21E, W21E) may be required for the Tasmanian Championships and when in conjunction with a national event and large entry numbers additional courses may be inserted as per OA rules for Australian Championships.

**TASMANIAN MIDDLE DISTANCE CHAMPIONSHIP COURSES:**

As per the long course events above except that the target winning time on all courses should be 35 minutes.

NOTE – It would be acceptable to utilise the same course for courses 1 and 2 above and also for other adjacent courses such as 7 and 8. If this were done 8 courses would still be offered for pre-entry. However different start blocks would be allocated to ensure competitors on courses 1 and 2 or 7 and 8 do not start together.

**TASMANIAN SPRINT DISTANCE CHAMPIONSHIP COURSES:**

As per the Long and Middle Distance course events above, except that the target winning time on all courses should be 20 minutes.

NOTE – It would be acceptable to utilise the same course for courses 1 and 2 above and also for other adjacent courses such as 7 and 8. If this were done 8 courses would still be offered for pre-entry. However different start blocks would be allocated to ensure competitors on courses 1 and 2 or 7 and 8 do not start together.

**STATE LEAGUE AWARDS:**

Similar to TOS, series points are awarded for your finishing place and your time relative to the winner of your class.

If you chose to compete in a higher age class your points will count against that class. For example a M35 runner could compete in 2 races in M35A and 2 in M21A. He would end up with State League points (and badge credits where applicable) for both the M21A and M35A classes. This rule should be borne in mind given that the best three of four results count for the final State league class awards.

## INTERCLUB COMPETITION AND TROPHY FOR INDIVIDUAL EXCELLENCE

There are two annual competitions decided by the aggregation of Excellence Points – the Inter-Club Competition and the Trophy for Individual Excellence. You must be a financial member of OT at the time of an event in order to qualify for points.

The competitions run for the full season and is based on aggregated Excellence points collected from TOS events (7) and State League events (4 incl the Tasmanian Championships).

Points are calculated using a handicap system based on 'age factors', which have been empirically determined. Excellence Points are allocated for Courses 1 to 6. This competition thus does not relate to juniors 12 and below. Excellence Points are calculated on a course basis for TOS events and on age class basis for the State League Events.

### Trophy for Individual Excellence

Points are calculated using a 'handicap' system, which calculates adjusted 'minutes per km' rates based on age and gender. The 25 fastest adjusted km rates for an event will be awarded points, with the fastest getting 25 points and the 25<sup>th</sup> fastest 1 point. Calculation of adjusted km rate is based on the following formula:

Adjusted km rate = Course time taken / Course distance (without climb) \* 'age factor'

The latest revision of 'age factors' was done at the beginning of the 2000 season. They are:

M10	N/A*
M12	N/A*
M14	.80
M16	.85
M18	.90
M20	.95
M21	1.00
M35	.98
M40	.94
M45	.89
M50	.83
M55	.77
M60	.70
M65	.63
M70	.56
M75	.49
M80	.42
W10	N/A*

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W12	N/A*
W14	.60
W16	.65
W18	.70
W20	.75
W21	.81
W35	.77
W40	.73
W45	.68
W50	.63
W55	.58
W60	.53
W65	.48
W70	.43
W75	.38
W80	.33

(\*) Not applicable to junior age groups 12 and below

(\*\*) Age classes M & W 14 are on the faster “Moderate” navigation course 6. All other age classes must be on the “Hard” navigation courses 1 – 5 to qualify for excellence or club points.

For TOS events the ‘age factor’ is applied with disregard to the course competed (most runners compete on the age class appropriate course), whilst for SL events you are required to compete in the appropriate course for your age class.

The individual orienteer, who scores the most points from 9 out of 11 qualifying events available for the year, is awarded the Trophy for Individual Excellence.

### Inter-Club Competition

The Inter-Club Competition is decided from a subset of points from the full list of individual excellence points scored at each event. From the list of individual excellence points awarded at each event, the fastest 6 from each club will have their points aggregated to determine club points for that event, and those points are totalled for all events where excellence points are scored through the year (currently 7 TOS and 4 SL events).

The club with most points being the winner for the year of the Interclub Competition.

### BADGE EVENTS

Gold, silver and bronze cloth badges may be earned for consistent performance within each age group.

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**EVENTS – TYPES, RULES, AWARDS**


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To earn a badge, you must qualify at the required standard at three recognised State or National events within two years. Within Tasmania, badge standard events are held each year—the individual State Championships and two other State events designated as Badge events.

The standard for each level of badge is determined according to the times of the place-getters in each A-class. If there are 12 or more competitors, the first 3 times are averaged to derive a base-time. For 6 to 11 starters, the first two times are averaged, and for 5 or fewer starters, the winner's time is the base-time.

For A (and Elite) classes the cut-off times to qualify are as follows:

- gold credit    base-time x 1.25
- silver         base-time x 1.5
- bronze         base-time x 2.0

When B and C class courses are offered at a Badge Event, for B-classes only silver or bronze credits may be earned, and for C-classes only bronze. The cut-off times are related to the A-class by the formula:

$$\frac{\text{A-class cut-off} \times \text{B(or C)-class course length}}{\text{A-class course length}}$$

To claim a badge, send details of your performance in the three relevant events to the Badge Secretary, Mr. John Oliver, 68 Amaroo Street, Wagga Wagga, NSW 2650, enclosing \$4.00.

## TASMANIAN CHAMPIONSHIPS

### Individual Competition (this is also a Badge event)

Eleven courses will normally be offered for competitors in the Tasmanian individual championships, plus two elite courses if required (see table). Novice courses will also be offered. It is recommended that competitors in the same age-class be started in blocks with start intervals of not less than two minutes between competitors.

To be eligible for Tasmanian championship titles, a competitor must have been a Tasmanian resident for six months immediately prior to the championships and be a current member of a Tasmanian club.

A suitable award is presented to the first place-getter in each age-class. Certificates are awarded to the second and third place-getters in each class. Where the winner of an age class is a non-resident, the first placed Tasmanian in the class receives a similar award and a certificate. The resident Individual Champion is known as "The Tasmanian Champion" in that class.

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**EVENTS – TYPES, RULES, AWARDS**


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**Individual Championship Courses**

<b>Classes</b>	<b>Winning Times</b> (minutes)	<b>Navigational Difficulty</b>
M21E#	95	Hard
W21E#	75	Hard
M21A	80-90	Hard
M-20, M35A	70-75	Hard
W21A, M40	65-70	Hard
M-18, M45	60-65	Hard
W-20, W35, M-16, M50	55-60	Hard*
W-18, W40, W45, M55	55-60	Hard*§
W-16, W50, W55, W60, M60	50-55	Hard*
M-18B, M21B, M35B, M40B, M45B, W21B		50-55
Moderate		
W-14, M-14	35-40	Moderate*
W-16B, W-18B, W35B, W40+B,		
M-16B, M50+B	40-50	Moderate
M-12, W-12	30-35	Easy
W-10, M-10	25-30	Very easy

*\*Using control features that are easy to read on the map*

*§Course needs to be shorter than the previous one, to still achieve a 55 - 60 minute winning time for the specified age-classes.*

*#May be offered at State Championships, but will only be run provided four qualified entries received.*

**Tasmanian Relay Championships**

Official teams are made up of three persons from the same club. There are usually five relay courses, A to E, and all courses are open to all entrants regardless of age or gender.

Points are awarded for the first four official teams in courses A to E only, with 1st = 5 points, 2nd = 3 points, 3rd = 2 points and 4th = 1 point. The club with the highest score wins the Club Relay Championship for that year.

**Tasmanian Championship Relay Courses****Winning****Navigation**

**EVENTS – TYPES, RULES, AWARDS**

<b>Course</b>	<b>Time (for each leg)</b>	<b>Difficulty</b>
A.	45-50 minutes	Hard
B.	40-45 minutes	Hard
C.	35-40 minutes	Hard
D.	30-35 minutes	Moderate
E.	20 minutes	Easy

**SHORT COURSE CHAMPIONSHIPS**

Short course events provide variety within the overall program. Starting interval may be as low as 1 minute to encourage close competition.

Guidelines for short courses are as per the following table:

<b>Course</b>	<b>Suggested courses from TOS</b>	<b>Navigation</b>	<b>Target Winning Time</b>	<b>Approx. km</b>
A	1 & 2	Hard	25-30 minutes	4.5 - 5.5
B	3	Hard	25-30 minutes	3.5 - 4.5
C	4	Hard*	25-30 minutes	2.5 - 3.5
D	5 & 6	Moderate	25 minutes	2.5 - 3.5
E	7 & 8	Very Easy	15 minutes	1.5 - 2.5

\* Using control features that are easy to read on the map

The Tasmanian Short Course Championship normally consists of a morning and an afternoon event on the same day, with the starting order in the afternoon being based on the morning performance. The combined times from these two events determine the winners for each course.