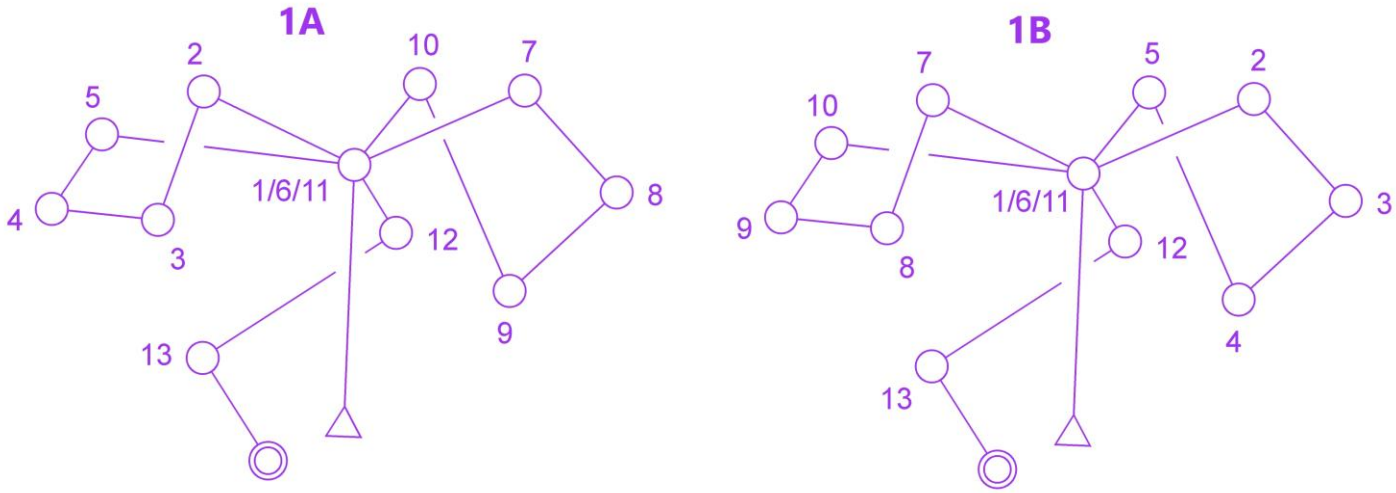
Sprint Race Outline 2025

These events will consist of three courses with expected winning times of about 12/13 minutes. Ie course 1 will be about 3.5km actual distance, course 2 about 2km (can be a subset of course 1) and course 3 will be an easier course, suitable for yellow runners, of about 1.5km. The controls for course 3 can probably mainly be those from course 1 and 2 but with simpler, more obvious routes. (These distances are real distances, not straight line distances – ie measured around objects illegal to cross)

The courses should offer complexity in route choice but can be simple orienteering wise – ie they do not need to be very technical, or physical – the challenge should come from making decisions at high speed. It would be good if the direction to the first control can be out of sight so that later runners do not have a big advantage over early runners so we attempt to have the start triangle out of sight from the start box.

At times when the numbers on course one have got too big to be managed in the time frame we have used a course 1 A and B that can start together. The runners on these 2 courses end up having run the same course but the courses consist of 2 butterflies with the 2 courses doing the butterflies in a different order – they both run to a common first control and then go off on different loops, coming back to the first control again and doing the other loop before returning to the first control and finishing. We will plan this for the first event and see what the numbers are like. If they are big then all events can follow this pattern. (see diagram below). This can also add in a bit of fun if 2 friends want to run head to head.



Lots of the sprint maps are mainly on hard surfaces. We have 40 saw horses so can use these on hard surfaces but they are more time consuming to put out. If you can place the control where it can go into the ground without affecting the course it makes it quicker to set up and bring in. Note which ones will need a saw horse and which ones can go in the ground. We will only use saw horses where needed.

Sport Ident with air activated will be used, with start intervals of 1 minute maximum – 30sec if there are lots of entries. There will also be a start box. Having air activated affects your choice of control sites. It is very important that the control can not register when the person is not

physically beside it, eg not by being on the other side of a wall/fence or reaching across an OOB area.

Given the time of the year, if it is possible to have the start/ finish near some sort of shelter it would be good, but not imperative.

The control numbers to use are from the range 40-79, 90-97 (but don't use 66, 68 or 69 – 66 and 68 don't exist – 69 at present needs battery replacement).

Courses 1 and 2 have international control descriptions on them, course 3 English. However for the loose control descriptions, for competitors to take with them, for course 2 there should be both international and English ones to cope with newcomers. As an aid to learning for those not certain it is also good to provide a master list to have at the start of all the controls used with the English descriptions beside the international ones.

Don't forget to print a good number of master maps so the control collection task can be done by as many people as possible to get them in before dark.

These events start at 3.45pm so you need to have all the controls out by no later than 3.30pm. The setter should then go and man the start. Should one of the setter or controller not be available on the day, or for any other queries please get in touch with Joanna or Alistair Stewart; phone home 5755695, cell Joanna 0211153727, Alistair 0210639629, email auckoc@gmail.com

Below are some basic course setting guidelines particularly relevant to sprints

- Start by thinking about legs you would like to include which offer good route choice.
- Once you have a series of good legs you can think about how you will connect these up.
- At this stage you are selecting a control site in the general area you want it. You will very often change this a little bit when you visit the map as long as it does not affect the leg. It is the leg that is important, not the control site itself so you start by planning the legs, not by selecting control sites.
- Avoid doglegs – i.e. in and out on almost the same route. In a sprint race around buildings the leg may not really be a dogleg but visually you don't want too sharp an angle.
- Try not to set courses with the control sites all around the edges of the map – it is very easy to run to the edge and then find the control. This is particularly for course 1 and 2.
- Try to have variety in leg length
- Try to have as much change in direction of legs as possible – this makes for a much more interesting (confusing) course than just going around in one loop.
- The line between 2 controls must not pass through another control. This can become difficult on a small map so the longer courses will usually need a map flip, sometimes even a third map if needed to prevent having lines through circles.
- A pivot control can be used to help avoid lines through circles or to make best use of a complex area of the map but avoid this on course 3 – a bit too difficult for them.
- Try not to have 3 or more controls in a straight line. It can lead to people missing the middle control – you are not trying the trap them!