

Canadian Orienteering Federation

Course and category guidelines for smaller Canada Cup (A meet) events.

Championship events (North American, Canada, Western Canadian and Eastern Canadian championships) should use the Course and Category guidelines for championship events.

Approved April 2009

Amended February 2011 as A meets changed to Canada Cups.

The intent of these guidelines is to provide a course structure for a CANADA cup (formerly known as A meet) when the numbers of expected participants does not warrant 10 courses for middle and long.

These are guidelines only and can be adapted based on skill level/numbers coming to the event. The organizer is encouraged to use the category structure for championship events if the numbers warrant it.

Middle and Long Course	1	2	3	4	5	6	7
Categories	W12 M12	W13-14 M13-14	W15-16 M15-16	W75-79 M80+ W80+	W45-54 W55-64 M65-74 W65-74 M75-79	W17-20 W21-34 W35-44 M45-54 M55-64	M17-20 M21-34 M35-44
RWT for Long	30	30	50	45-50	45-50	60-70	80-90
RWT for Middle	20	20	25	25	25-30	30-35	30-35

Sprint Course	1	2	3	4	5
Categories	W12 M12 W13-14 M13-14	W55-64 W65-74 W75-79 M75-79 W80+ M80+	W45-54 M55-64 M65-74	W15-16 M15-16 W17-20 W21-34E W35-44	M17-20 M21-34E M35-44 M45-54
RWT for Sprint	10-12	12-15	12-15	12-15	12-15 (15+ for M45)

RWT = recommended winning time

Keep in mind that this 'course/category' structure is only one of three components to "getting it right" – the other two being "getting the course lengths right according to the structure" and "designing the courses in accordance with the terrain and course criteria for that specific discipline".

COMPETITION FORMAT DESCRIPTIONS

Profile of a sprint course for intermediate/advanced orienteers:

The Sprint profile is high speed. It tests the athletes' ability to read and translate the map in complex environments, and to plan and carry out route choices running at high speed. The course must be planned so that the element of speed is maintained throughout the race. The course may require climbing but steepness forcing the competitors to walk should be avoided. Finding the controls should not be the challenge; rather the ability to choose and complete the best route to them. For example, the most obvious way out from a control should not necessarily be the most favourable one. The course should be set to require the athletes' full concentration throughout the race. An environment that cannot provide this challenge is not appropriate for the Sprint.

Profile of a middle course for intermediate/advanced orienteers:

The Middle distance profile is technical. It takes place in a non-urban (mostly forested) environment with an emphasis on detailed navigation and where finding the controls constitute a challenge. It requires constant concentration on map reading with occasional shifts in running direction out from controls. The element of route choice is essential but should not be at the expense of technically demanding orienteering. The route in itself shall involve demanding navigation. The course shall require speed-shifts e.g. with legs through different types of vegetation.

Profile of a long course for intermediate/advanced orienteers:

The Long distance profile is physical endurance. It takes place in a non-urban (mostly forested) environment, and aims at testing the athletes' ability to make efficient route choices, to read and interpret the map and plan the race for endurance during a long and physically demanding exercise. The format emphasizes route choices and navigation in rough, demanding terrain, preferably hilly. The control is the end-point of a long leg with demanding route choice, and is not necessarily in itself difficult to find. The Long distance may in parts include elements characteristic of the Middle distance with the course suddenly breaking the pattern of route choice orienteering to introduce a section with more technically demanding legs.