

Sprint Orienteering

SPOTT Session 1

What makes Sprint Special?

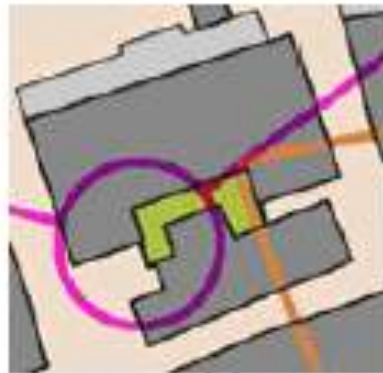
How is it different from a Middle or Long?

Some possible answers:

- Shorter
- Faster
- Smaller scale (1:4000, 1:5000)
- Any mistake is costly
- Urban
- Traps!
- ISSOM rather than ISOM



uncrossable wall



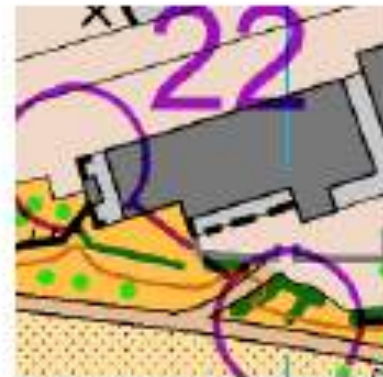
uncrossable area



uncrossable water



uncrossable fence



uncrossable hedge

In a Sprint, impassible means FORBIDDEN. It may be easy to get across but you will be disqualified

Course Planners use impassable walls features to create TRAPS for the unwary orienteerer.



Thick black lines=Need to go around

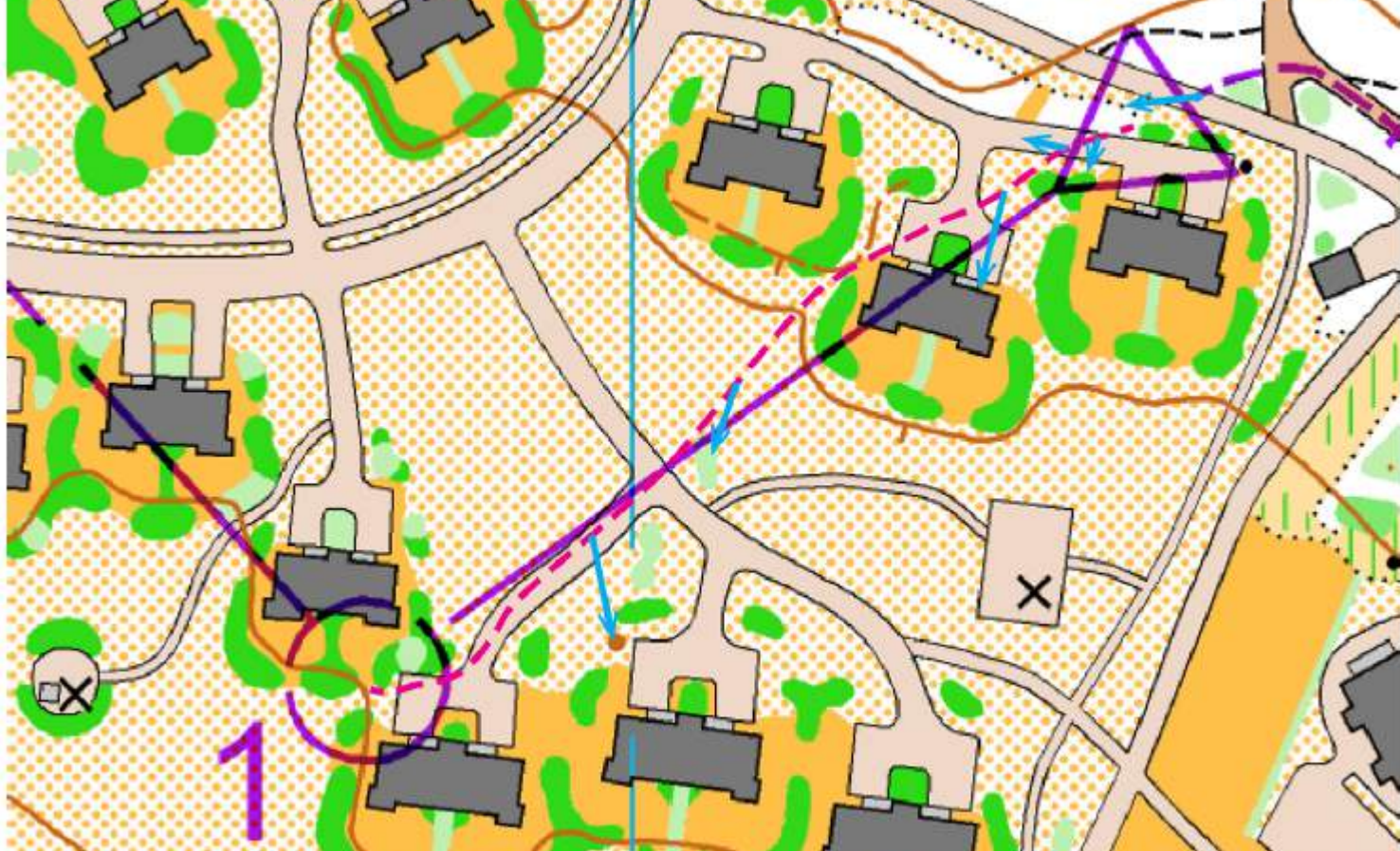
How do YOU approach a sprint?

- Longer/harder warm-up?
- Special goals/ mental focus?
- Practice using SI before race?
- Prepare for traps?
- Anything special you think/do to prepare?

The Hausken Laws of sprint

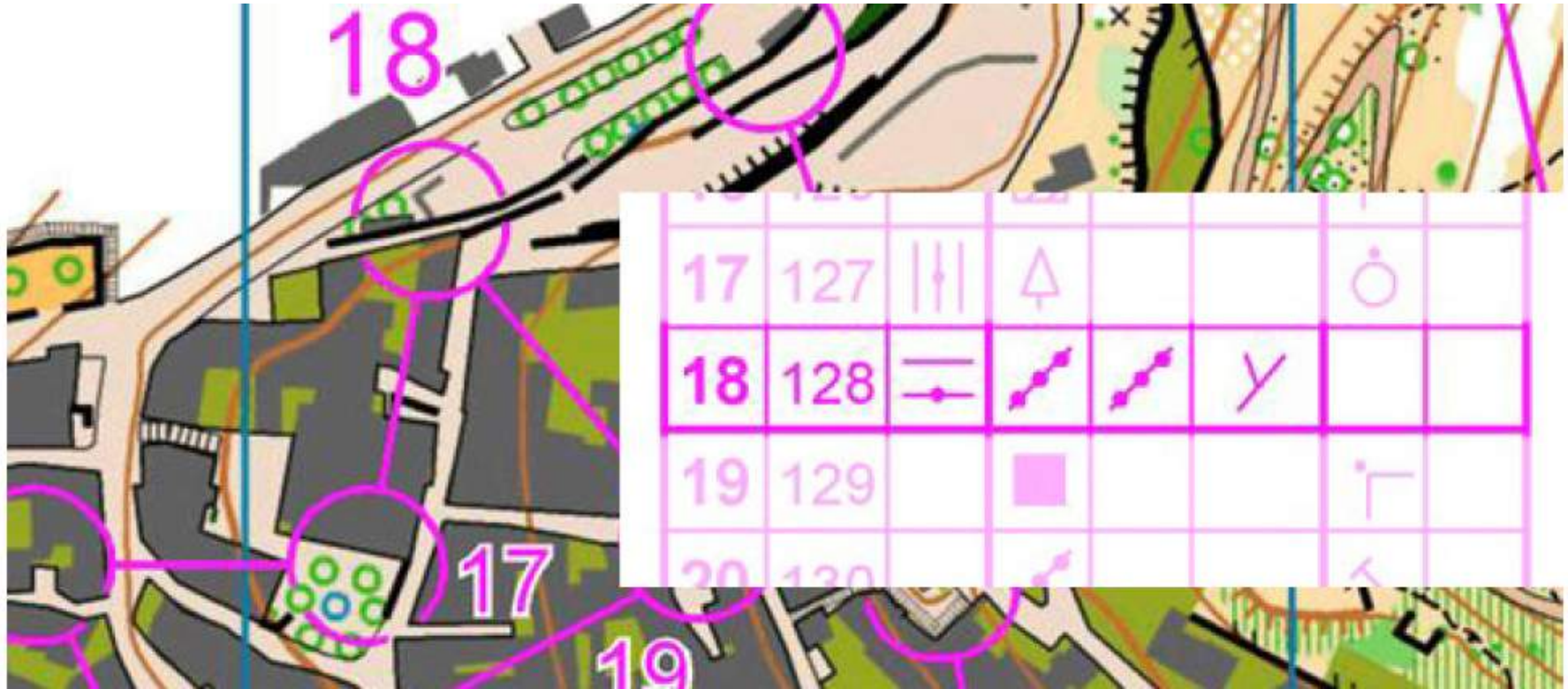
1. First Control is for getting in contact
2. Have planned a control ahead
3. Choose smooth routes
4. Use buildings to simplify

Read every detail while going to first control



Plan your route to the next control completely, before leaving the control

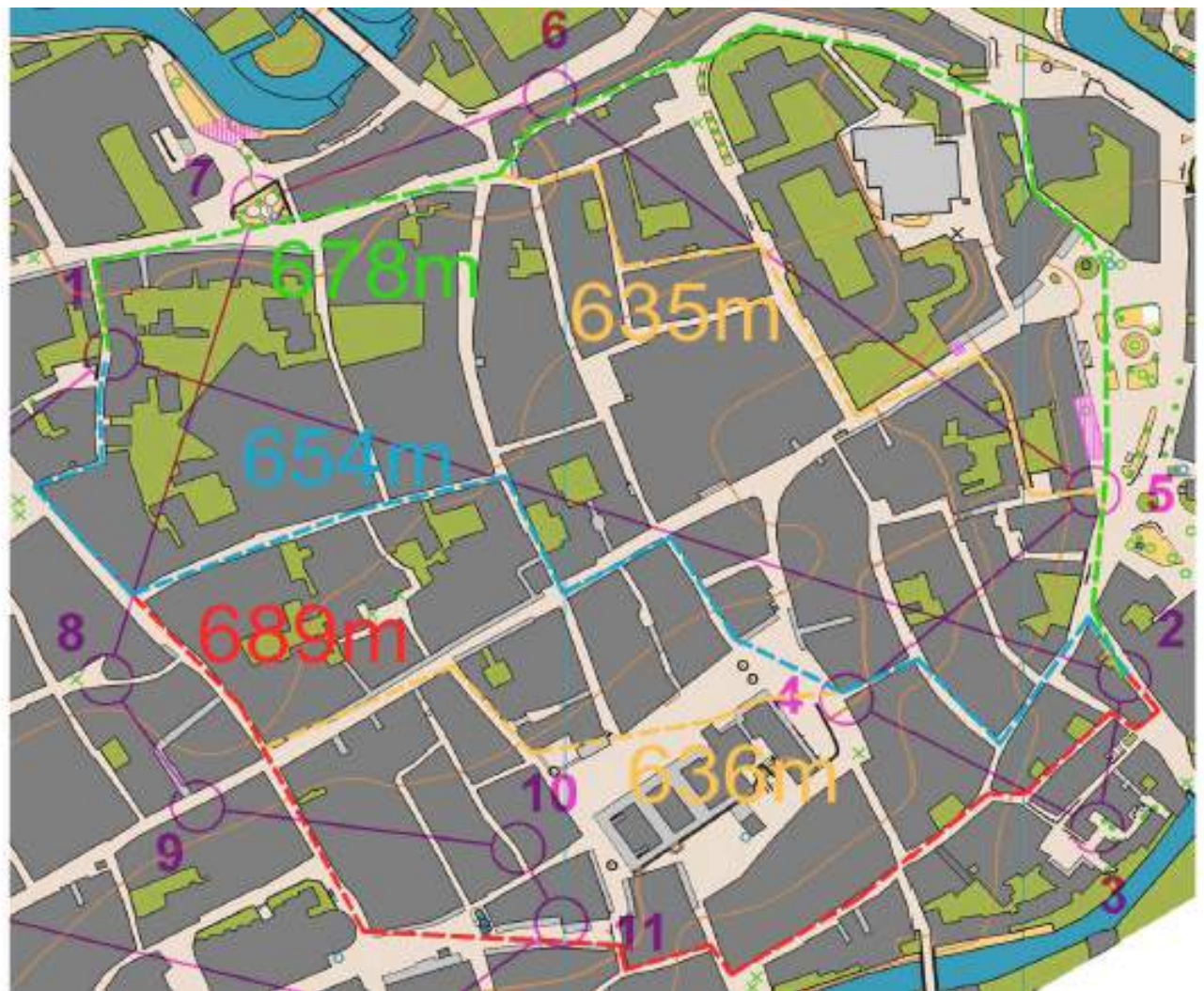
- *That includes the control description!*



Longer smoother routes are better than shorter twisty ones

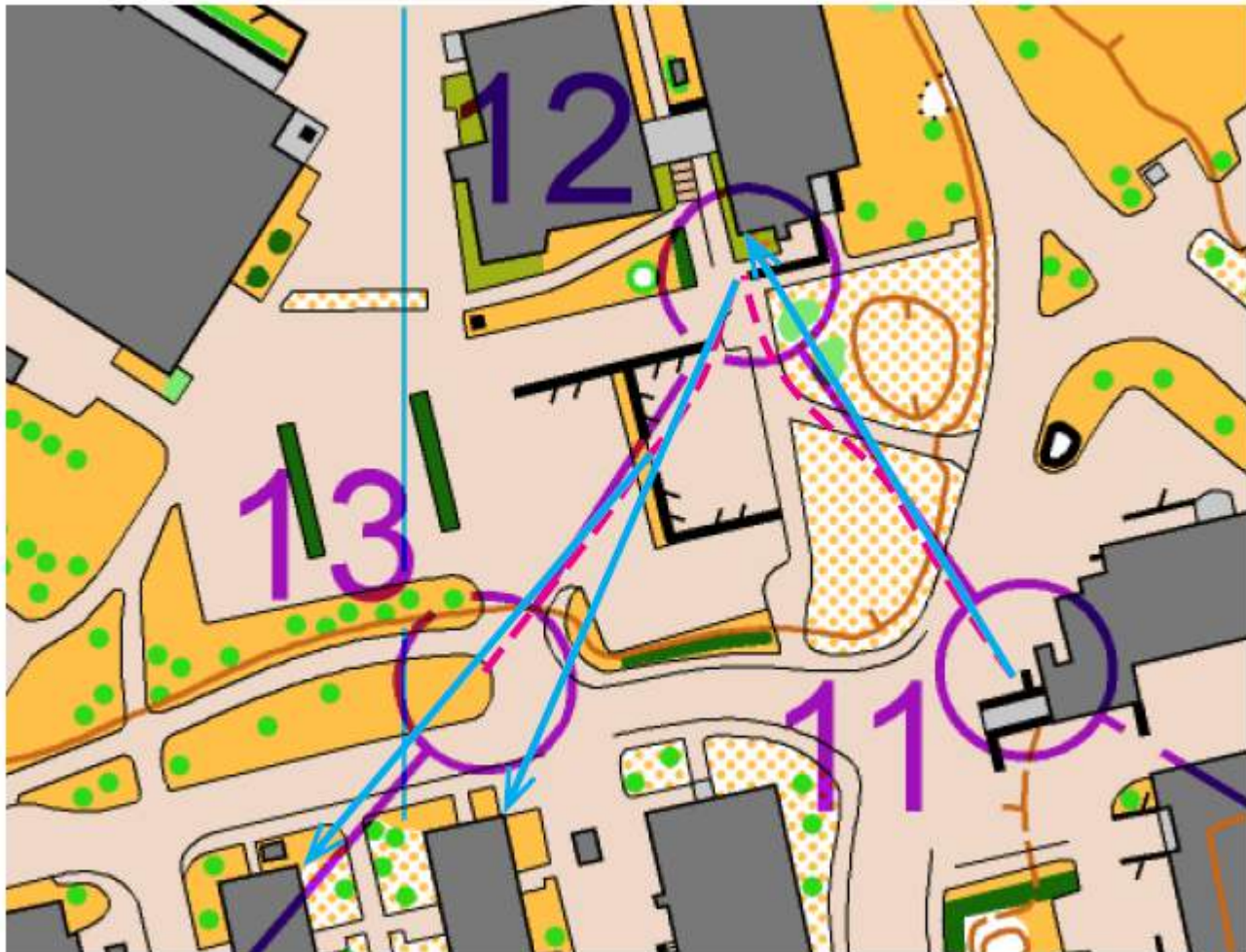
- less orienteering to do is less mental effort and more time to plan ahead future difficult route choices
- Running straight takes less effort than change direction. You loose seed making turns.
- Smaller possibility of a mistake

Which route do you think is best?



**Look at the
buildings
to see
where to
run**

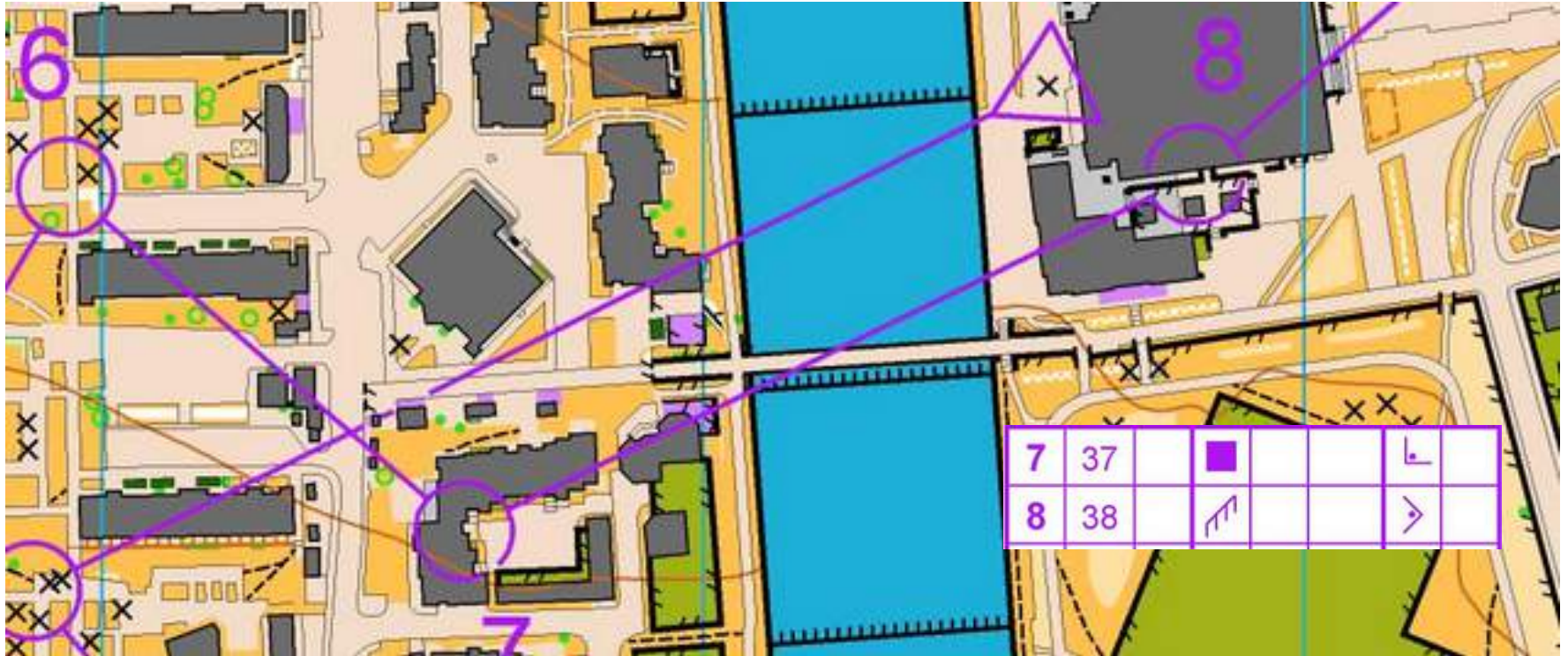
*Ignore the
small stuff
on the
ground*



How do YOU think during a sprint?

- Checking control codes?
- Do you think about running faster?
- Use control description more or less?
- What happens if you make a mistake?

Use of Control Description!



What's your route choice?

Think of going from 15 to 14 if its easier.



Any of you think about going this way?

Did you notice the impassible wall?



The routes
are very
similar.

Choose
one quickly.

Its not
worth your
time.



Sometimes the two routes aren't equal.

You need to read ahead or you will get burned



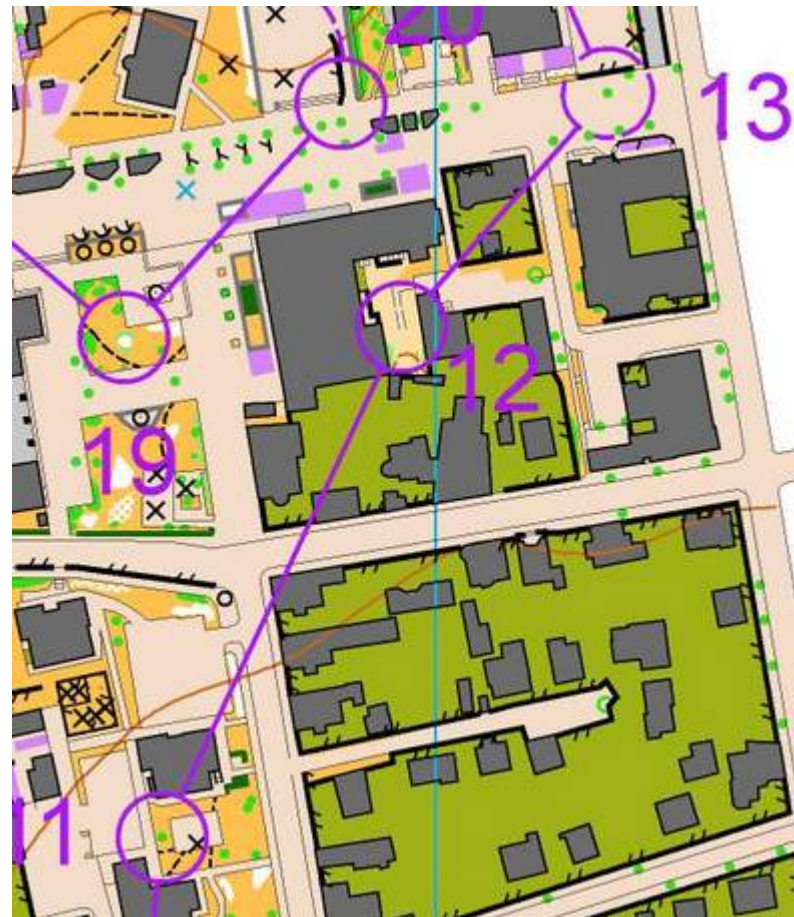
Is this a control
where you
should make a
snap decision or
spend a few
seconds
thinking?



Keep Looking a control ahead!



What should we be using to navigate for these controls?



The Hausken Laws of sprint

1. First Control is for getting in contact
2. Have planned a control ahead
3. Choose smooth routes
4. Use buildings to simplify

Links to WOC Sprint Finals

- <http://www.woc2014.info/LIVE/maps/sprintf/Venezia-S-Elena-sprint-final-M.jpg>
- <http://www.woc2013.fi/wp-content/uploads/2014/08/Sprint-F-Men.gif>
- http://www.woc2012.ch/files/maps/maps_spf.pdf