



**ORIENTEERING**  
C A N A D A

# **The World Games Selection Policy**

## **2022**

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## Edits to this policy

This policy was updated with the following clarifications on Jan 13th, 2022:

- P 7 & App. A p 2 - Clarification was added that races of an in between distance can be counted along with how that time will count.
- App. A pp 1-2 - Scores are out of 5. Originally included references to scores being out of 5 and out of 10.
- App. A p 2 - “Ability to plan route choices in relevant terrain for the sprint, sprint relay, and middle distance terrain - based on oral interview”  
Originally only referenced middle distance terrain.

## Creation of Policy

The High Performance Committee (HPC) has asked the following people to create this policy: Jeff Teutsch (HP Manager), Stefan Bergstrom (HPC member), Bogi Gyorfi (Alberta Orienteering ED). This policy was approved by the HPC via email vote on the following date: **Jan 5th, 2022**

## Selection Committee

The process outlined in this document will be overseen by the following Team Selection Committee: TBD (we will publish committee members as soon as they are confirmed)

The High-Performance Committee has appointed the above-named selection committee who will perform the application review and team selection for the 2022 World Games (TWG) team selection. Any conflicts of interest will be dealt with using Orienteering Canada’s [conflict of interest policy](#).

## Selection Context

This selection policy is for the [2022 World Games](#)

IOF event page: <https://eventor.orienteering.org/Events/Show/6803>

The 11th edition of The World Games will take place in **Birmingham, Alabama, USA** from 7th to 17th July 2022. This edition, originally planned for 2021, is postponed to 2022 because of the impact of the COVID-19 pandemic.

The International World Games Association (IWGA) has agreed to include three orienteering competitions in the programme of The World Games. There will be **two individual competitions for men and women, a Sprint and a Middle Distance competition, as well as a Sprint Relay competition** (teams of four: two women and two men). The IWGA has allocated spaces for a total of 40 male and 40 female runners to the IOF.

[The World Games 2022 Qualification Rules for the Orienteering competitions](#) specifies the following IOF classes and entry regulations:

**“5. From the North American region (defined by the International Olympic Committee as belonging to the North American continent), Canada shall have the right to enter up to 2 + 2 runners.”**

## **Event Schedule for Orienteering at the World Games**

The schedule for the Orienteering events at the World Games are:

Thu July 14	Model events Middle and Sprint
Fri July 15	Sprint
Sat July 16	Middle
Sun July 17	Sprint-Relay

## **Additional Background**

Lack of events in the past two years and extremely limited attendance in international and world ranking events from the Team Canada athletes makes it very difficult to create selections based on results or ranking athletes.

The World Games registration deadline is very early, March 31, 2022, which prevents holding a Team Trials in Canada. Therefore the selection policy is based on athlete application and points scoring system based on a variety of factors.

This policy was developed with the following goals in mind:

- To select the best team possible for the World Games;
- To provide a way in which athletes can be evaluated and compared in a fair manner, given the limited opportunities for competitions;
- To make the policy as clear and easy to understand as possible.

## **Eligibility**

In order to represent Canada at TWG, athletes must

- be Canadian citizens and hold a valid Canadian passport;
- be in good standing with Orienteering Canada, i.e., full members of a Canadian orienteering club affiliated with Orienteering Canada with no outstanding amounts owing to Orienteering Canada (unless a payment plan has been negotiated with the Orienteering Canada Treasurer);
- meet all of the conditions listed under Selection Context.

## **Make-up of the TWG Team**

Orienteering Canada will select as many athletes as meet the minimum standard (a minimum of 25% or 8 points in each of the scoring categories - see Appendix A) up to a maximum of 2 men and 2 women. If more than 2 men or 2 women apply and meet the minimum standard then the 2 athletes of each gender with the highest overall scores will be selected to the team.

If at least 2 men and 2 women do not submit expressions of interest by the deadline or if 2 men and 2 women do not meet the minimum standard then Orienteering Canada may provide a new timeline to allow additional athletes to apply for the unfilled spots with the goal of sending a complete mixed sprint relay team. In this case, Orienteering Canada may solicit applications from specific athletes.

## Application Process and Timeline

Athletes who are interested in competing at the World Games must first submit an expression of interest. Interested athletes will then be selected based on a number of factors (see following section and Appendix A) in an interview and via an application form.

The following table provides a timeline with specific requirements and the communication that athletes can expect from Orienteering Canada.

Item	Submission method	Deadline (end of day 24:00, Pacific Time)
<p><b>Expression of interest:</b> indicating interest to attend TWG</p> <p>After the deadline, the list of athletes who have submitted an expression of interest will be published to the Team Canada Basecamp group as well as directly to all athletes who submitted an expression of interest.</p>	Email to <a href="mailto:hpp@orienteering.ca">hpp@orienteering.ca</a>	Jan 31, 2022
<p><b>Team Selection Interviews</b></p> <p>Athletes who have submitted an expression of interest will be contacted to set up a 30 minute interview within the time window at right.</p>	Scheduled oral interview	Interview window: Feb 16-28, 2022
<p><b>Team Selection Application form</b></p> <p>The application form in Appendix B will be emailed as a spreadsheet to all athletes who have submitted an expression of interest. The spreadsheet version of the form must be filled out and submitted.</p>	Email to <a href="mailto:hpp@orienteering.ca">hpp@orienteering.ca</a>	Feb 28, 2022
<p><b>Team Selection Announcement</b></p> <p>Athletes will be contacted by individual email and given one week to accept or decline their spot by email response.</p> <p>The team will be publicly announced within 48 hours of all athletes accepting their spot on the team (may include mention of athletes who declined spots).</p>		March 7, 2022 for initial contact

## Selection Details

Athletes will be selected based on a scoring system described below.

The total score is made up of three scoring categories:

1. Previous relevant experience and results (30 points)
2. Technical ability to perform at the TWG (30 points)
3. Physical ability to perform at the TWG (30 points)

The athletes with highest total scores will be selected to the team. The details of how points will be awarded is included in Appendix A.

Applicants must be prepared to submit the following information for these sections:

### **Previous relevant experience and results**

As part of the application package (see Appendix B), athletes must provide a list of their results from national and international events from 2017 forward. Athletes will be assessed based on their history in attending championship events, and their results in World Ranking Events.

### **Technical ability to perform at TWG**

The technical ability score will be based on an oral interview / exam over Zoom. Each applicant will be asked a set of questions about some of their own orienteering experience plus a set of generic questions. These 'generic' questions are designed to assess the following and the exact same questions will be asked to all applicants:

- Ability to assess sprint route choices quickly and accurately
- Ability to plan route choices in relevant terrain for the middle distance terrain
- Ability to assess route choice and elevation for the middle distance terrain

The following questions will be asked about your own orienteering experience. We may ask follow up questions specific to what you show us.

- Describe a mistake that you made during an orienteering race and explain the situation that led up to it, including the mental factors, and how you recovered from that mistake. Please be prepared to share the map and walk us through what happened. There are no bonus points nor penalty for having a gps track. We are more interested in your understanding of the situation, the mental causes of the mistake, and your ability to recover.
- Describe a portion of an orienteering race in which you felt you raced really well, and describe what your navigation was like, what mental state you were in, what led you to orienteer really well there, and, if it ended prior to the end of the race, what caused the negative change in your orienteering performance. Please choose a section of a race that is at least 4 minutes long and includes at least one complete leg. There are no bonus points nor penalty for having a gps track. We are more interested in your understanding of the situation and the mental factors that allowed you to orienteer well.

### **Physical ability to perform at TWG**

As part of the application package, athletes must provide at least the following running race or time trial results from between January 1st, 2021, and February 28th, 2022 (races from any time in 2021 count!)\*: A result in one of the following distances: 1500m, 3000m, 5k, 8k, 10k\*\*

\* Races do not need to be run on a track or in an official race. Any results that do not come from official races must be measured and timed by a coach and contact info for the coach must be provided so the selection committee can verify the time.

\*\* A race of an in between distance can be used and will count as the next longest distance in the following table with an equivalent per km time. For example: a 6k race run with a time of 19:12 is run at 3:12/km pace which is 16:00 for 5k so is worth 20 points.

### **Allocation of Races to Team Athletes**

Athletes will be expected to race all three races at the World Games unless injured or ill.

### **Relay Team Running Order**

Running order for the mixed sprint relay will be determined by the World Games coach (or, if that's not possible, by someone appointed by the High Performance Committee) prior to the deadline for submitting relay team entries to the organizers.

These decisions will be made in a discretionary manner by the World Games coach or HPC appointee who has final say on relay team composition and running order. However, they must give the athletes a chance to discuss the running order before the team is entered.

### **Funding and Expectations**

#### **Cost**

Accommodation and food is provided at no charge for all athletes competing in The World Games and there is no entry fee. However, athletes will be required to cover the costs of their own travel to Birmingham, Alabama.

Orienteering Canada does not have the funds to support the athletes' travel. If some additional funding becomes available, the amount will be minimal. Orienteering Canada will register the selected team and book accommodation and local transportation. Should any costs arise related to this, the athletes will be invoiced by Orienteering Canada. The athletes must book and pay for their own travel to Birmingham.

In the case of unforeseen cancellation of the event or if Orienteering Canada decides to withdraw from the event (for example, due to security or Covid 19 pandemic concerns) the athletes will still be responsible to cover the costs of any entry fees, accommodation, and travel costs already paid.

### **Medical insurance**

All athletes must have valid medical insurance in order to receive accreditation. Temporary medical insurance will be available for purchase at the accreditation center. The cost will be at fair market value. More information on medical insurance to come at the Competition Manager's Meeting.

### **Representing the Canadian Team**

There will be a Team Manager and/or Team Coach available for support at the TWG. The goal is that the athletes and the team leaders work together to create a well performing, positive team environment to allow athletes to perform at their very best and gain international race experience at the highest level of competition.

The athletes must adhere to the Orienteering Canada's [Code of Conduct](#) at the events and work together with the Team Manager / Coach to support the Canadian team cohesion.

### **Removal from the Team**

Once selected to the TWG Team, an athlete may withdraw or be removed for the following reasons:

- Failure to adhere to the procedures outlined in the [Athlete Agreement](#) or Orienteering Canada's [Code of Conduct](#).
- Failure to remain competition-ready leading up to the event. It is the obligation of the athlete to immediately report any injury, illness or change in training that could affect their ability to compete at their highest level.
- Fraudulent misrepresentation.
- Voluntary withdrawal/retirement.

The High Performance Committee has the discretion to remove the athlete from the team for the above reasons, provided the athlete is given an opportunity to be heard, and to replace the athlete with another suitable candidate. The removal of an athlete is the last-possible option and it is hoped that a solution can be reached before this action.

The Selection Committee will:

- notify the athlete in writing that he/she is subject of removal and list the reasons why;
- identify and arrange an opportunity for the athletes to be heard (in the form of in-person or conference call / video conferencing or through letter exchanges);
- after the decision to remove the athlete from the team, it will be communicated to the athlete (and parent/guardians if the athlete is under the age of 18y) with the reasons for the removal.

### **Appeals**

An appeal against a decision of the Selection Committee can be made in accordance with [Orienteering Canada's appeals policy](#). The appeal deadline is 48 hours after the announcement.



# Appendix A - Scoring Guidelines

The various scores are determined as described in these guidelines. In order to be selected an athlete needs to score at least 25% or 8 points in each of the three sections.

## **Previous Relevant Experience and Results** **/30**

### **Championship Experience - based on submitted race results** **/15**

Each championship race since 2017 inclusive is worth points based on the following table. These points are added up to give a score with a maximum of 15. Each championship race at an event is worth points (i.e. racing the sprint, middle, and long at the COCs counts for 0.75 points total). Individual and relay races count as long as it is an official championship race. Qualifications and Final races count separately.

<b>Race</b>	<b>Points</b>
World Champs race	0.75
World Cup race	0.75
World Games race	0.75
NAOCs - M/F 21E or M/F 20-	0.5
World University Championships race	0.5
JWOC race	0.5
Canadian Championships Race - M/F 21E or M/F 20-	0.25
National Championships Race of other country - M/F 21E or M/F 20-	0.25

### **High Level Results - based on IOF World Ranking List** **/15**

This score is calculated based on an athlete's top three World Ranking Event points from events since 2018 (inclusive). These top three scores can come from either sprints or middle/long races.

The score is calculated as follows: Sum of top three scores \* 5/1400

## **Technical Ability to perform at the World Games** **/30**

### **Ability to analyse performance - based on oral interview** **/15**

This score is evaluated based on an athlete's interview answers to the questions about their own orienteering. For a perfect score of 15, the athlete must show an excellent depth of understanding of the environmental and mental factors that cause them to perform well or make mistakes, while demonstrating that they can orienteer very well in complex terrain.

### **Ability to assess sprint route choices quickly and accurately - based on oral interview** **/5**

A variety of questions and map reading challenges will be provided during the verbal interview and will be scored out of 5.

**Ability to plan route choices in relevant terrain for the sprint, sprint relay, and middle distance terrain - based on oral interview** /5

A variety of questions and map reading challenges will be provided during the verbal interview and will be scored out of 5.

**Ability to assess route choice and climb / elevation gain for the middle distance terrain - based on oral interview** /5

A variety of questions and map reading challenges will be provided during the verbal interview and will be scored out of 5.

**Physical Ability to perform at the World Games** /30

**Time Trial Time - based on submitted team trial results**

Points for the race/time trial will be assigned based on the following scoring table (based on Daniel's Running Formula VDOT tables).

Some clarifications:

- Races must be run between January 1 2021, and February 28th 2022 (races from any time in 2021 count!).
- Races do not need to be run on a track or in an official race. Any results that do not come from official races must be measured and timed by a coach and contact info for the coach must be provided so the selection committee can verify the time.
- Meeting or exceeding a time in the table will give the corresponding points on the left. Partial points will not be given.
- If multiple races are provided with the application form, the race that gives you the best score will be counted.
- A race of an in between distance can be used and will count as the next longest distance in the following table with an equivalent per km time. For example: a 6k race run with a time of 19:12 is run at 3:12/km pace which is 16:00 for 5k so is worth 20 points.

**Time standards - men**

Points	1500m	3000m	5k	8k	10k
2	5:56	12:40	21:50	35:45	45:16
4	5:42	12:12	21:02	34:27	43:36
6	5:30	11:45	20:18	33:15	42:04
8	5:18	11:21	19:36	32:06	40:39
10	5:07	10:58	18:58	31:06	39:20
12	4:57	10:37	18:22	30:08	38:06
14	4:48	10:17	17:49	29:14	36:57
16	4:39	9:58	17:17	28:22	35:52
18	4:31	9:41	16:48	27:36	34:52
20	4:24	9:25	16:20	26:51	33:55
22	4:16	9:09	15:54	26:08	33:01

<b>24</b>	4:10	8:55	15:29	25:29	32:11
<b>26</b>	4:03	8:41	15:06	24:51	31:23
<b>28</b>	3:57	8:28	14:44	24:15	30:38
<b>30</b>	3:52	8:16	14:23	23:42	29:55

<b>Points</b>	<b>1500m</b>	<b>3000m</b>	<b>5k</b>	<b>8k</b>	<b>10k</b>
<b>2</b>	7:04	15:01	25:46	43:10	53:29
<b>4</b>	6:44	14:21	24:39	40:21	51:09
<b>6</b>	6:27	13:45	23:38	38:41	49:01
<b>8</b>	6:11	13:11	22:41	37:09	47:04
<b>10</b>	5:56	12:40	21:50	35:45	45:16
<b>12</b>	5:42	12:12	21:02	34:27	43:36
<b>14</b>	5:30	11:45	20:18	33:15	42:04
<b>16</b>	5:18	11:21	19:36	32:06	40:39
<b>18</b>	5:07	10:58	18:58	31:06	39:20
<b>20</b>	4:57	10:37	18:22	30:08	38:06
<b>22</b>	4:48	10:17	17:49	29:14	36:57
<b>24</b>	4:39	9:58	17:17	28:22	35:52
<b>26</b>	4:31	9:41	16:48	27:36	34:52
<b>28</b>	4:24	9:25	16:20	26:51	33:55
<b>30</b>	4:16	9:09	15:54	26:08	33:01

# Appendix B - Application Form for the World Games

This is a version of the application form created specifically for this appendix. Athletes will be sent an excel spreadsheet version of this form to fill out upon submitting their expression of interest.

In the excel spreadsheet, please fill out all of the yellow highlighted cells in this application form. If you need to add rows in the results tables you may do so. The red highlighted cells are for the selection committee.

Please submit this form by the deadline in the respective selection policy to [hpp@orienteering.ca](mailto:hpp@orienteering.ca) along with any injury or illness notes (so you don't have to count poor results due to serious injury or illness - see the orienteering results table below for more)

Name:						
Date completed:						
To the best of my knowledge the information contained in this form is complete and accurate (write <b>yes</b> )						

## Running Races and Time Trials

Note in the Selection Policy what distances you may run and submit times for. You may submit just your best times or may submit multiple times and the selection committee will only count the race that gives the best points. Races do not need to be run on a track or in an official race. Any results that do not come from official races must be measured and timed by a coach and contact info for the coach must be provided so the selection committee can verify the time.

Event	Distance	Date	Time	Link to results (if applicable)	Verifying coach contact info (if applicable)	Score out of 5 (for selection committee to fill out)

