

Middle Distance

SPOTT Session 2

If we have time we'll discuss relocation

Think of 2 times you got lost:

1 where you relocated well

1 where you had trouble and lost time

What did you do differently?

What makes a middle special

Here's some topics to talk about:

- Length
- Scale
- Terrain
- Speed
- Athletes Focus
- Control Description
- Technicality
- Common Route Choices
- _____?

Possible Answers:

- 1:1000 scale
- 25 - 35 min winning time, 3-4 km?
- Technical Terrain
- Less focus on speed
- Control Description more important
- Strait is often a viable route choice
- Focus on navigation

IOF Describes middle as

- The Middle distance profile is technical.
- It takes place in a non-urban (mostly forested) environment
- An emphasis on detailed navigation (finding the controls is a challenge)
- It requires constant concentration on map reading
- 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.

Navigational Focus

- In a Long, Sprint or Relay, running fast is very important.
- In a Middle, running cleanly is more important than running fast.
- This does not mean walk the course to avoid making mistakes
- Your navigation should control the speed you run.

Navigation Controls Speed

In technical terrain you can run faster than you can match the map to the terrain

You may have to pay attention to ground to avoid tripping; that makes it hard to read map

Staying in contact with the map is very important. Suggestion on how to do it?

Possible suggestion

- Slow down so you can read map
- Use roads/ trails to read ahead
- Read map on uphill (nice break)
- Pause at control (sometimes necessary)

- **Read map while jogging into a control**

Simplification

- What is it?
- Why use it?
- How do i use it effectively?

Simplification

- What is it?

Ignoring the unnecessary info on the map

- Why use it?

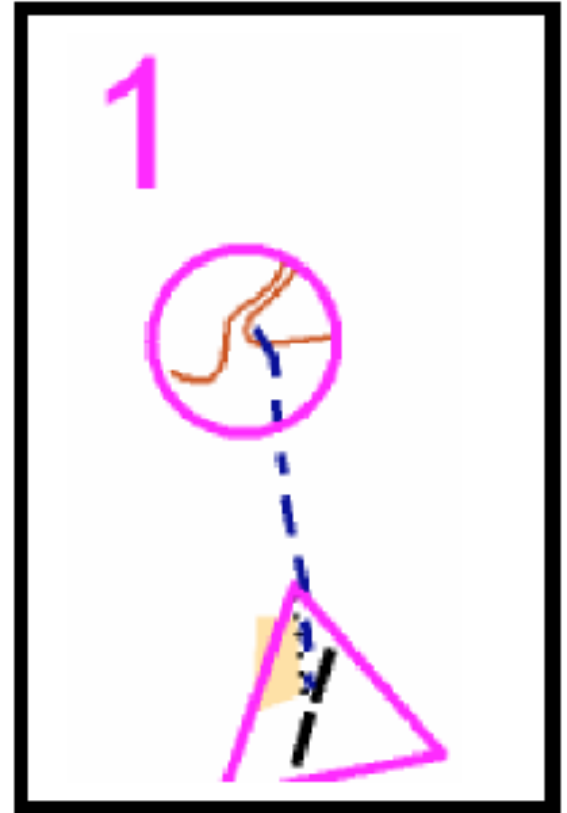
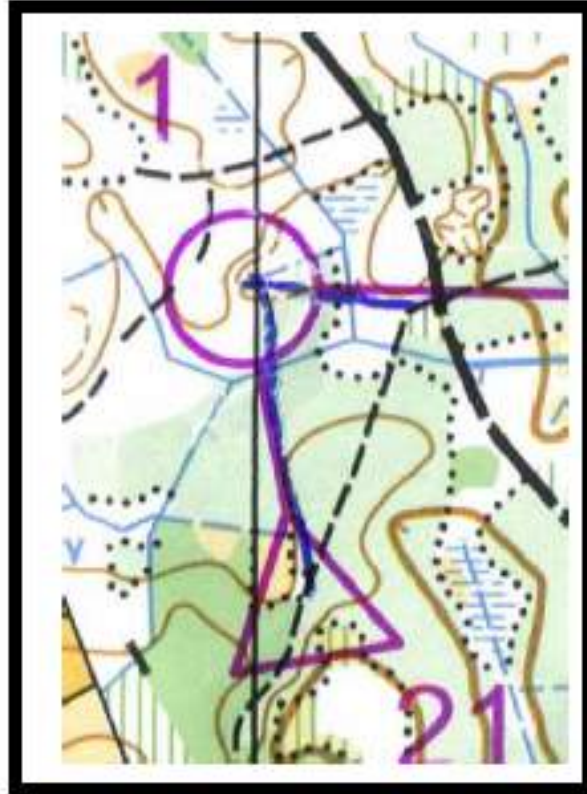
Makes map reading faster and simpler

- How do i use it effectively?

Pick out a couple of obvious features along the route. Expect to see them and check them off.

Examples from Thierry Gueorgiou

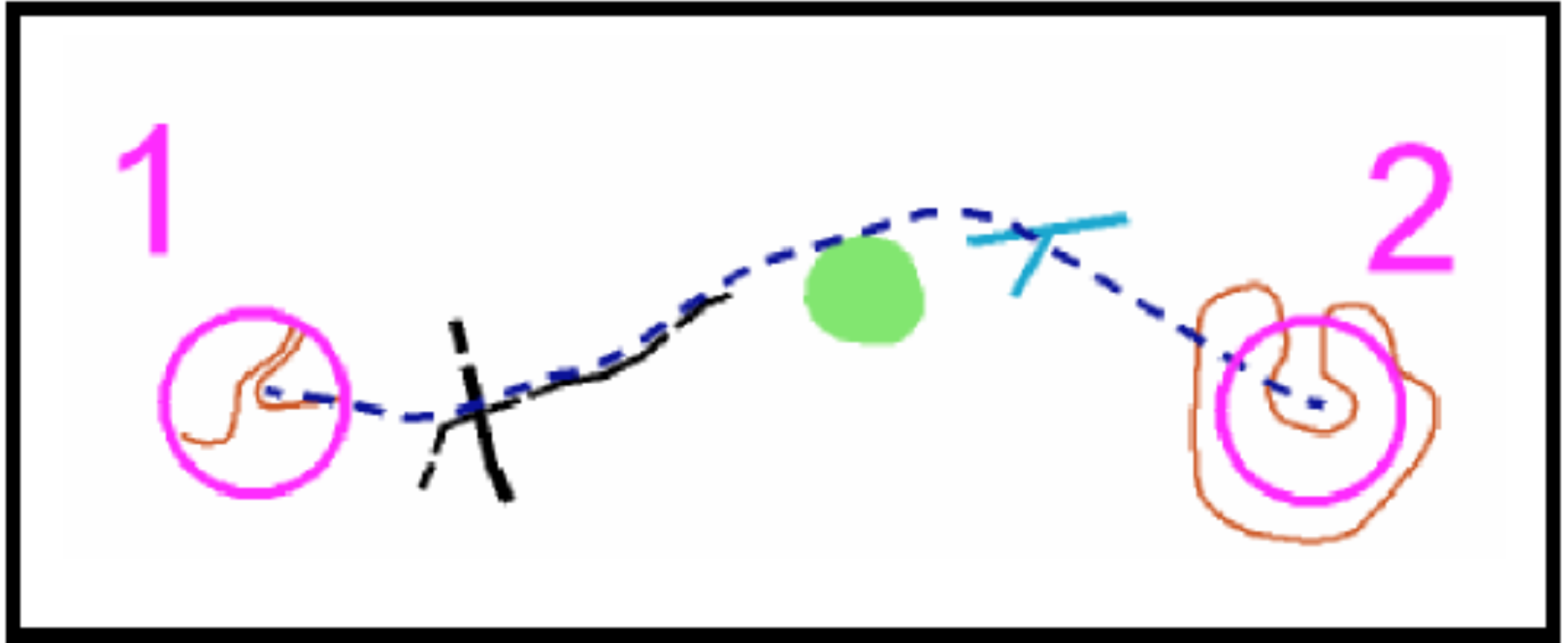
Uses
bearing and
contour as
a catching
feature

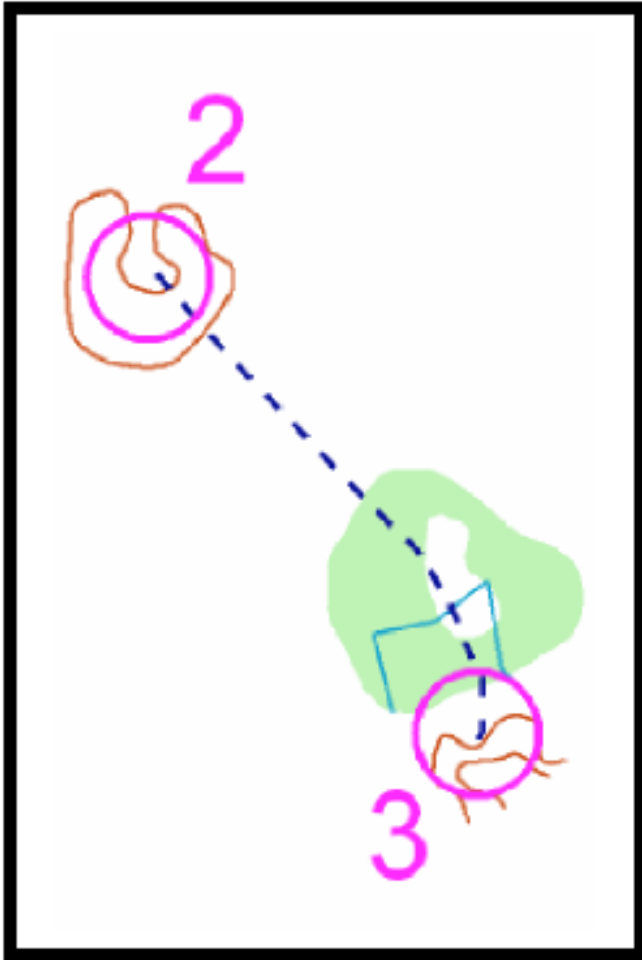


Examples from Thierry Gueorgiou



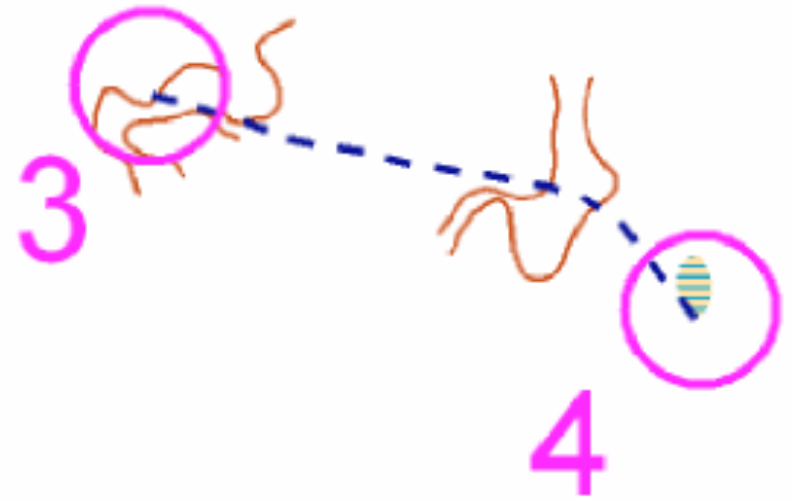
Examples from Thierry Gueorgiou





Would you need more?

What other route might you have taken?



Where could you check you were on the right line?
What would you use to make sure you hadn't gone to far?

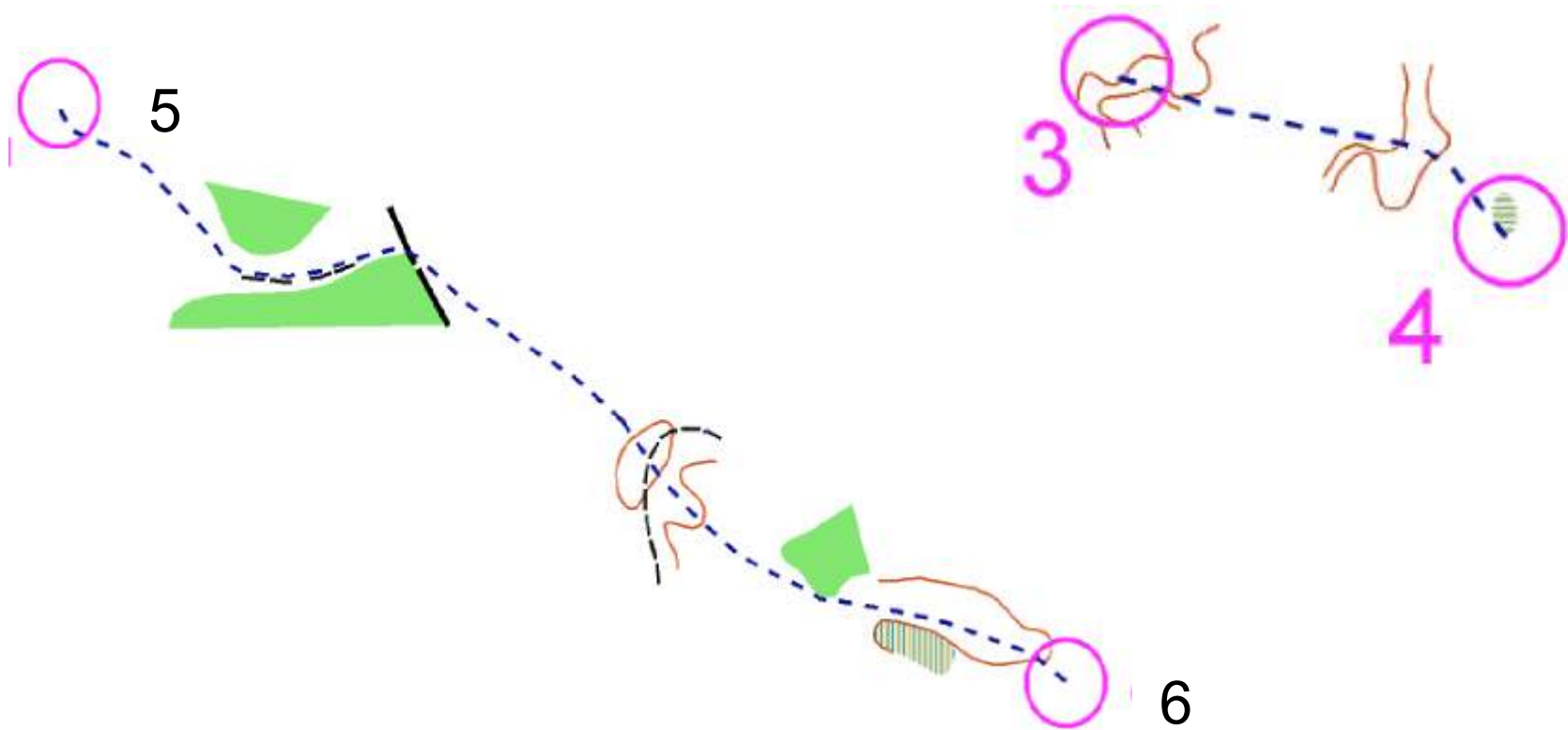


What is important, What can you ignore?

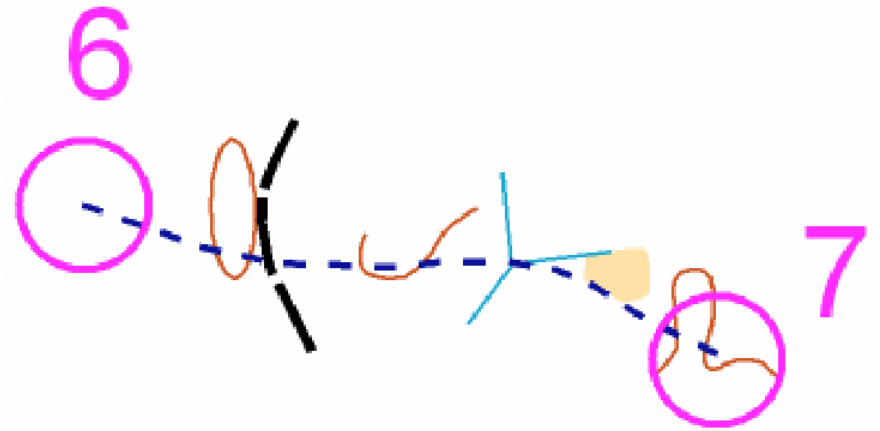
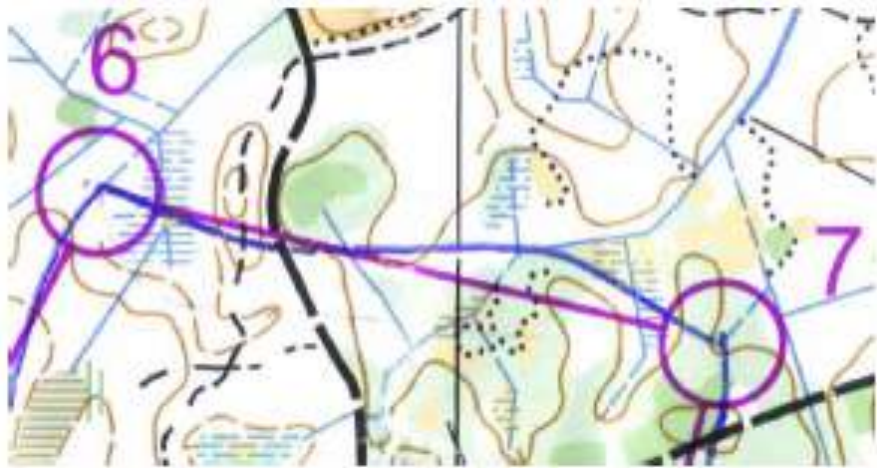


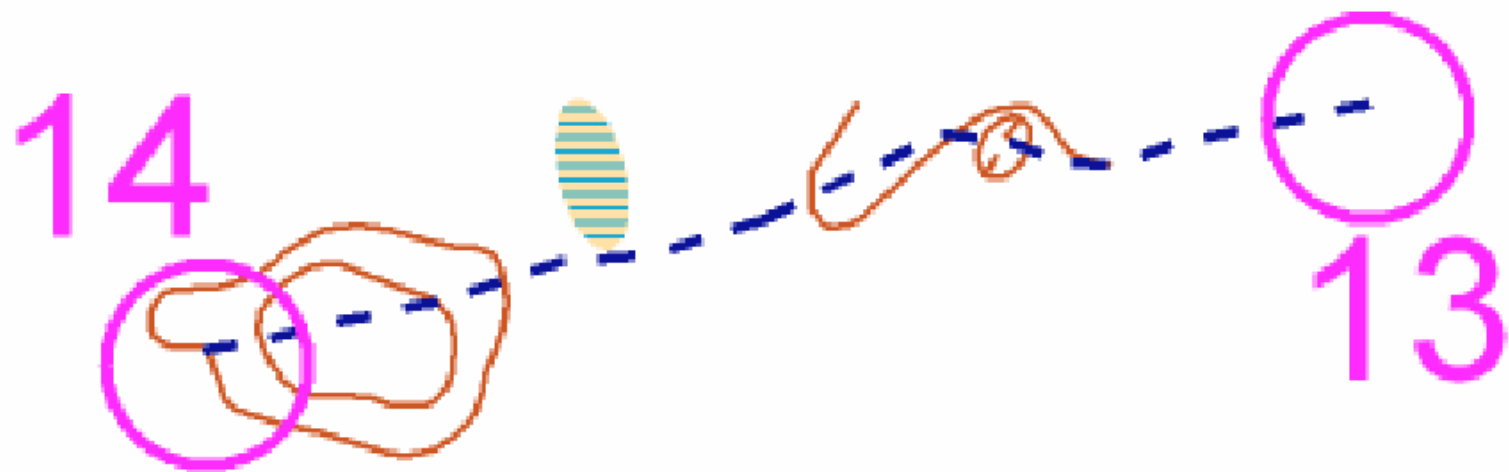
5
is
up
left

6
is
down
right



Thierry Gueorgiou's answers from last two slides





Losing Contact vs Lost

Both involve not knowing exactly where you are
What do you think the difference is?

How do you decide you have lost contact?

When do you admit you're lost?

Relocation- **STORM BC**

STOP

TERRAIN

ORIENT

REMEMBER

MATCH

BAIL CAREFULLY

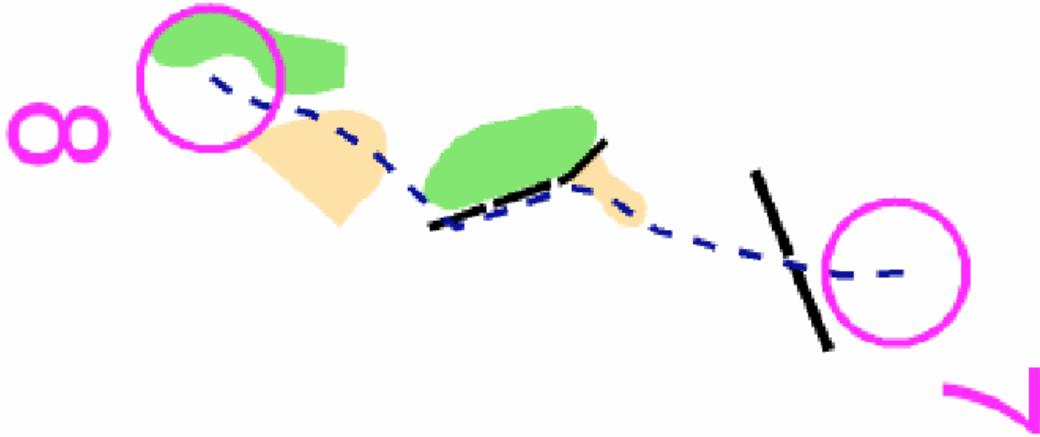
Bailing is no always easy

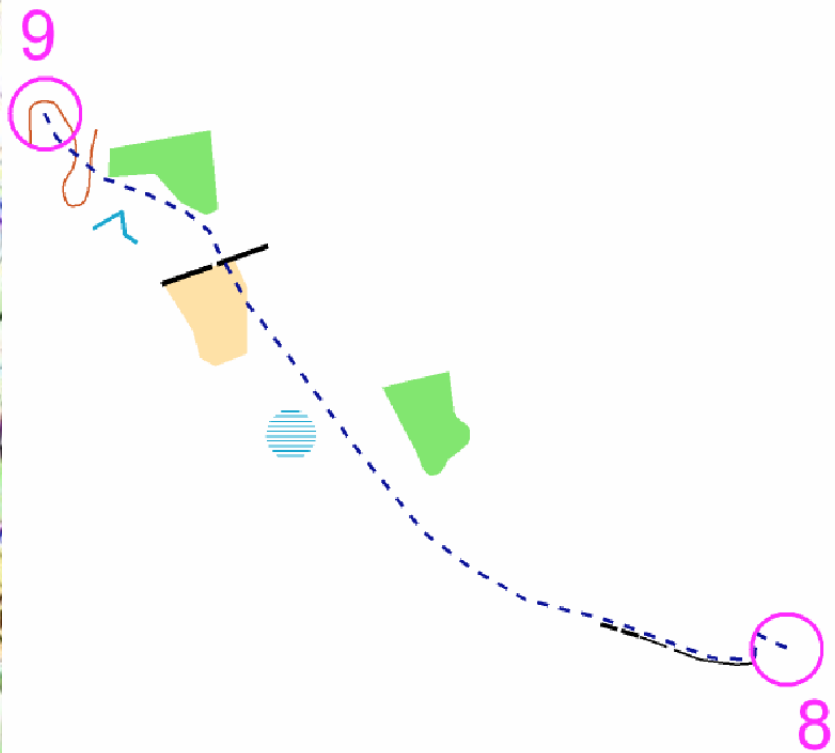
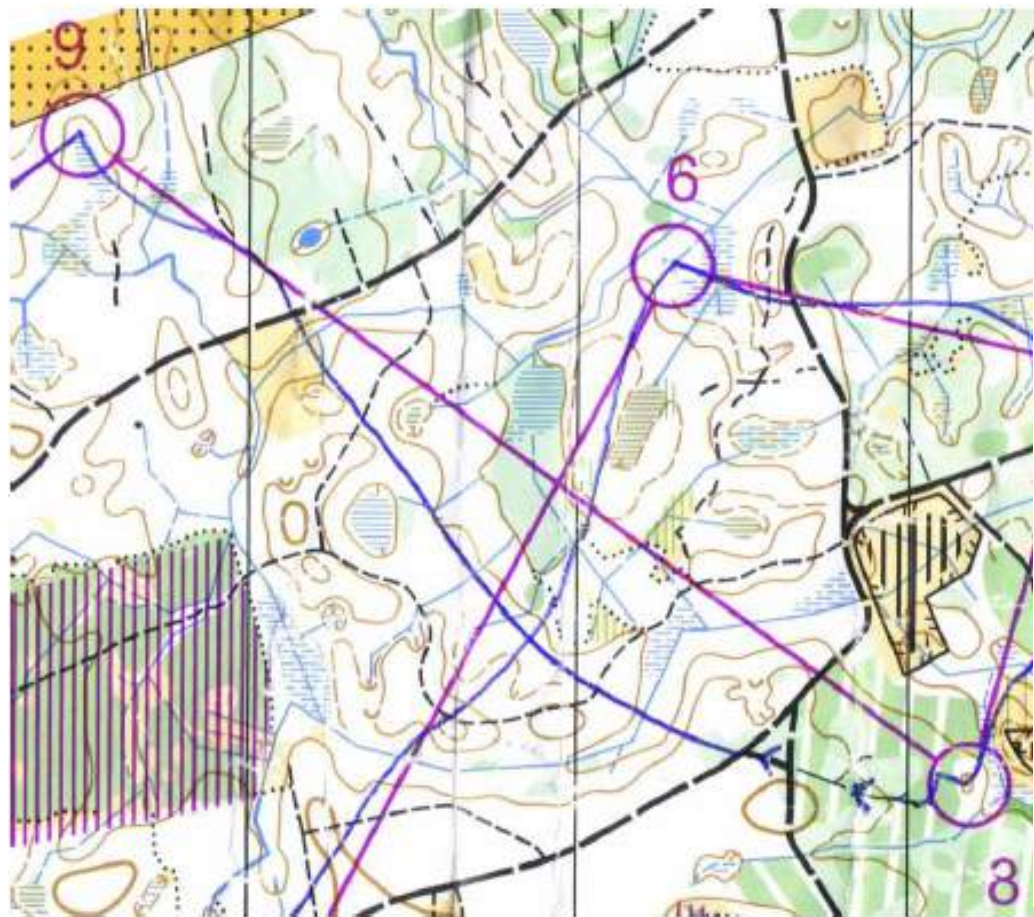


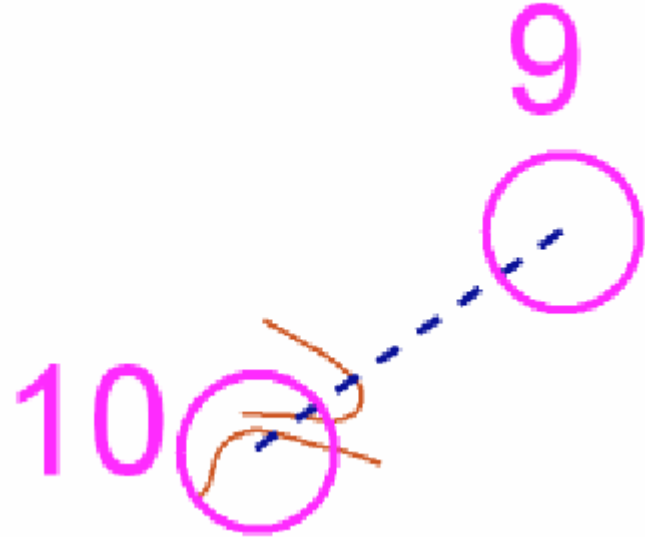
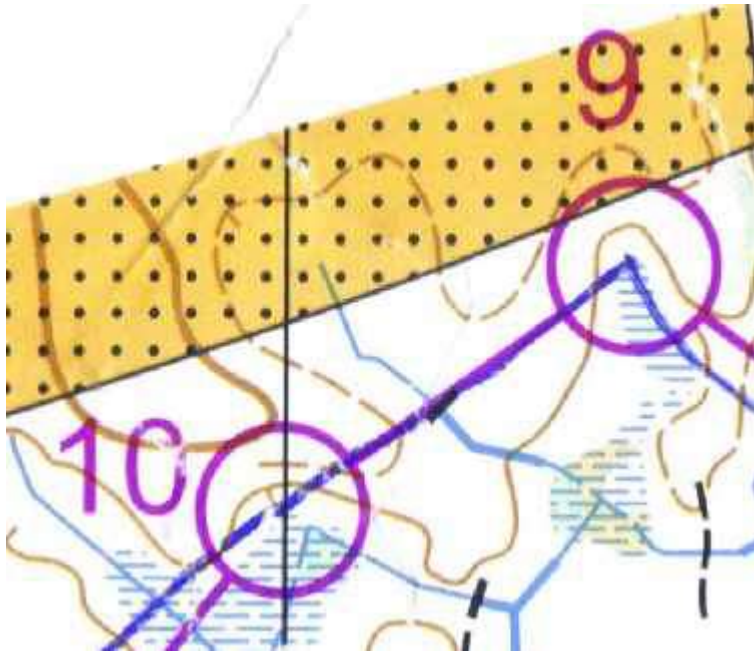


Thierry kept track of a lot of features on this leg.

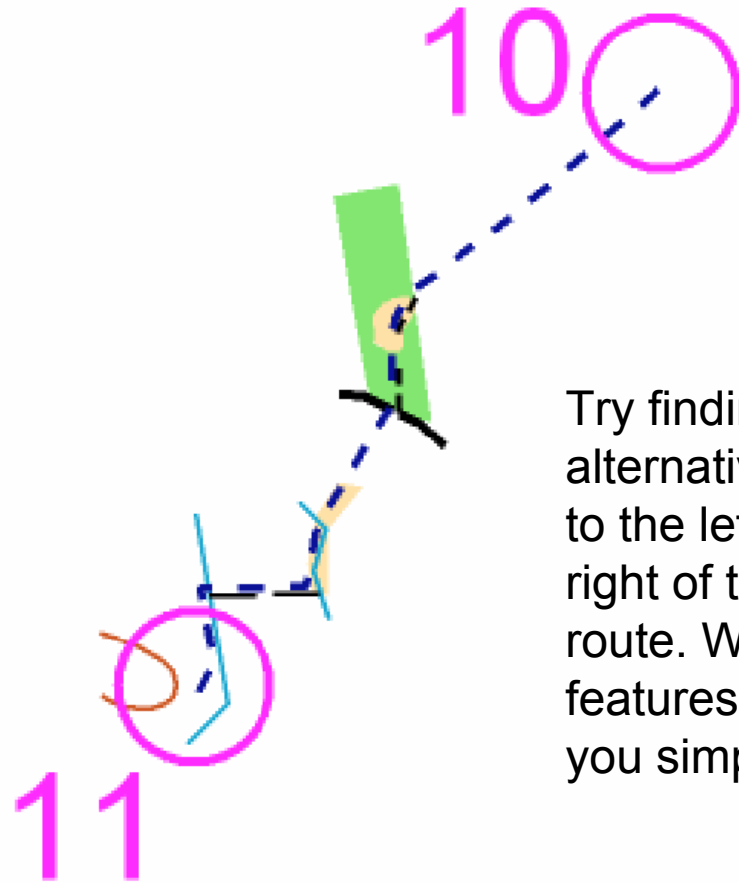
Do you think using one of the fences would have been simpler?



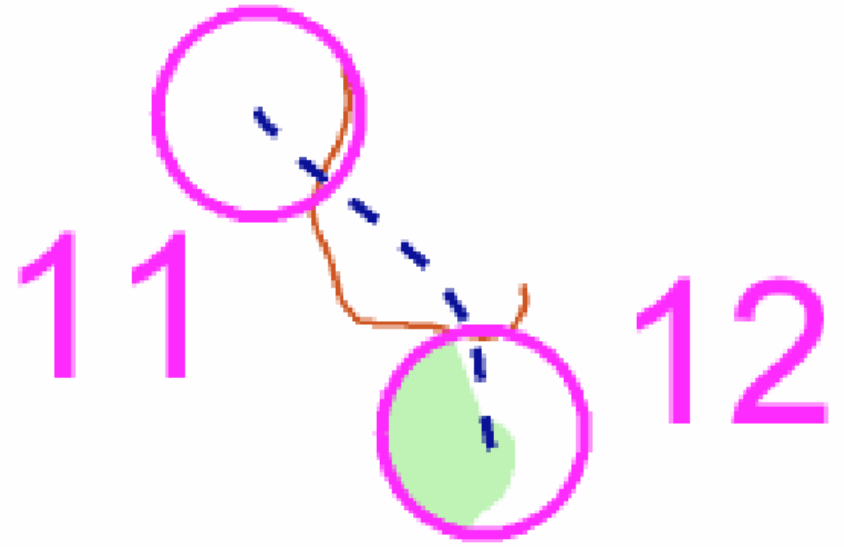
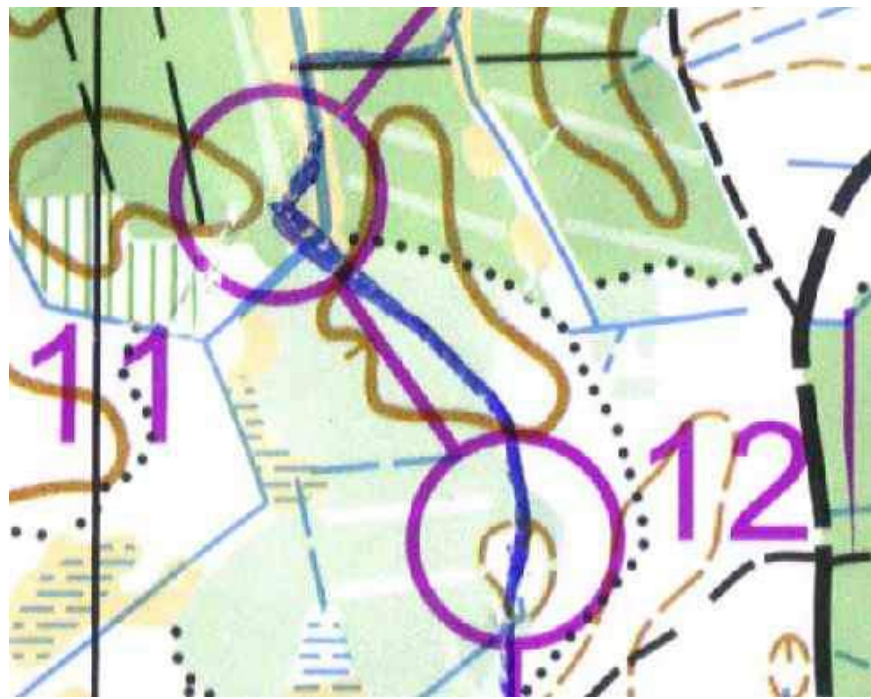




A simple leg. Making sure you leave in the right direction is very important. Therri is using a bearing but also has a clear picture of the control circle.



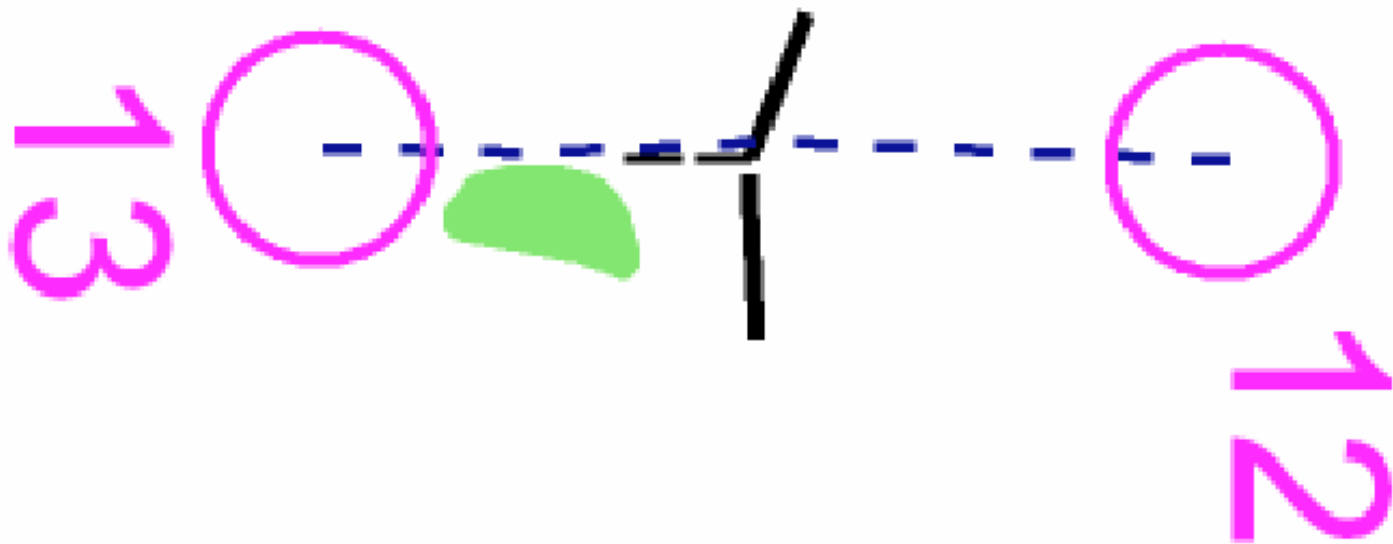
Try finding an alternative route to the left and the right of the drawn route. What features would you simplify to?



Its a simple control. Make sure your bearing is precise and Keep your head up.

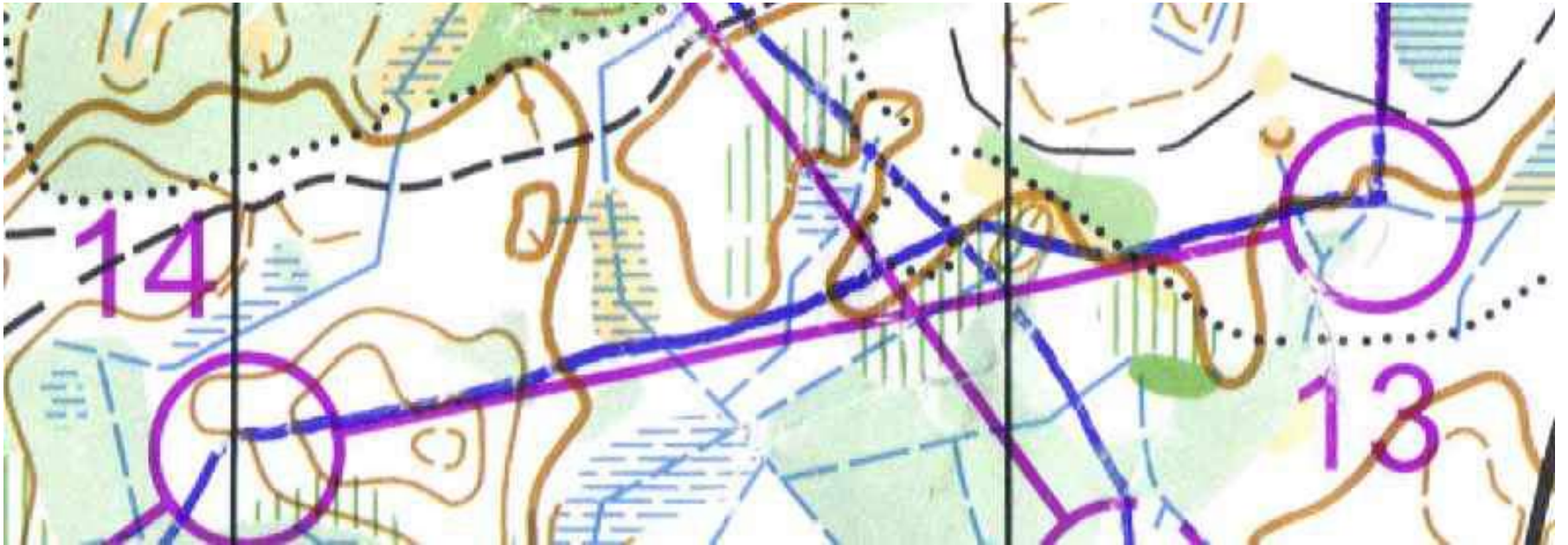


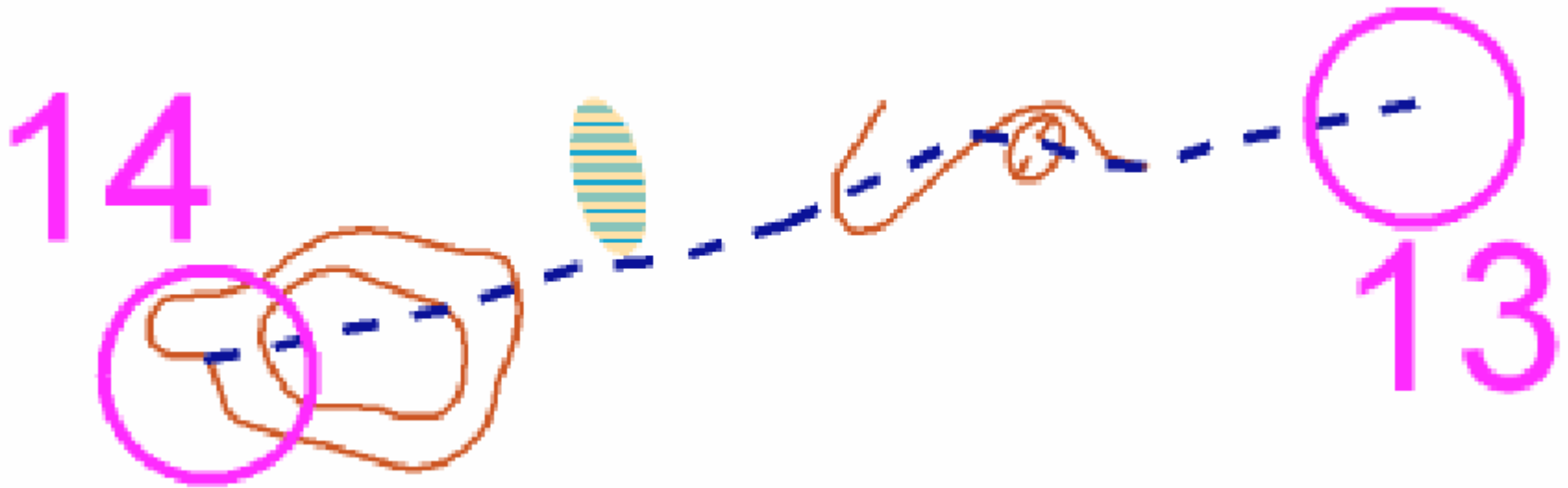
All you need is a bearing and an obvious attack point.
What is the attack point?



Answer: The lake (the green blob above).
If you don't see the lake after crossing the trail you need to be relocation.

The next one is a bit trickier, try choosing an attack point and two features to check off on your way to the attack point

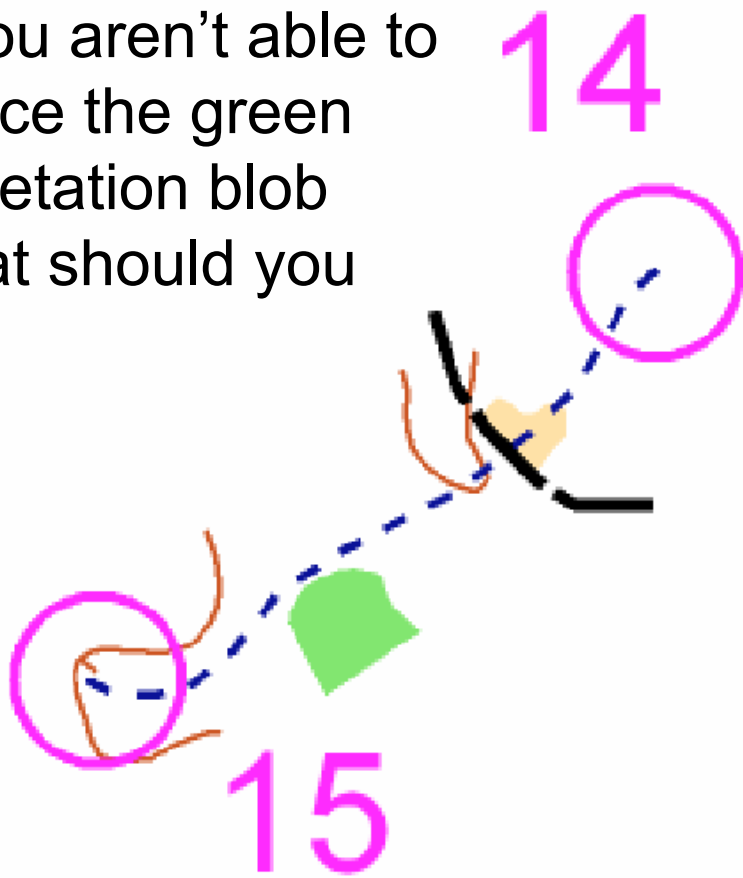


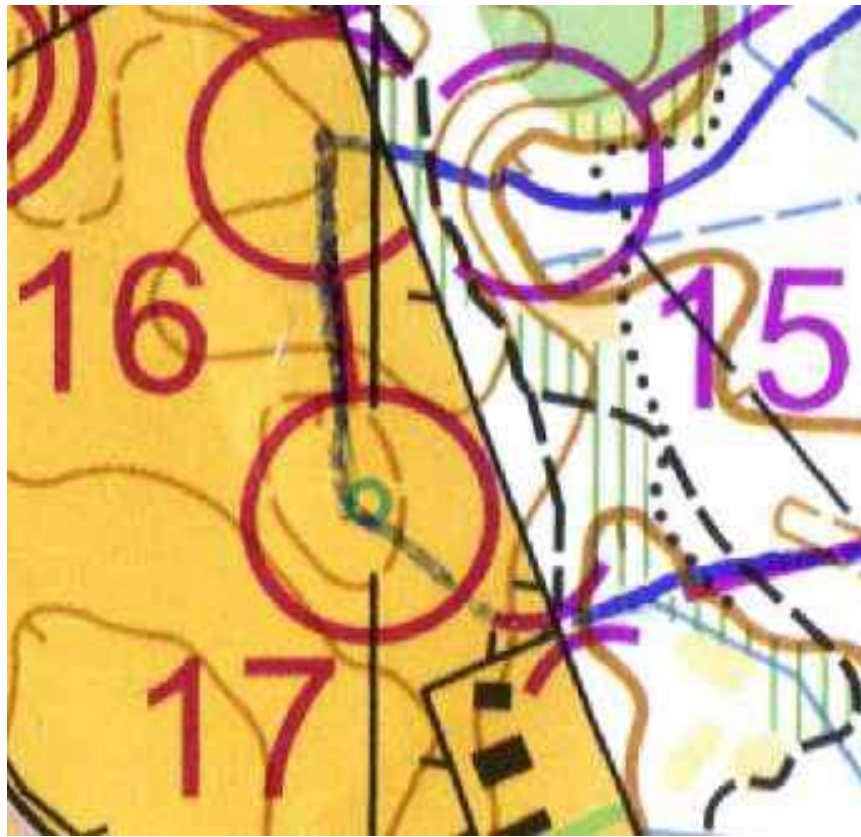


The hill makes a wonderful attack point. Its visible from a long way off and distinctive compared to the surrounding features.

Did you choose the same features as shown? It doesn't really matter as long as they are visible and along your route. The important idea is that you don't need to check off all the lakes, streams and contours, just enough to make sure you're still heading towards the hill.

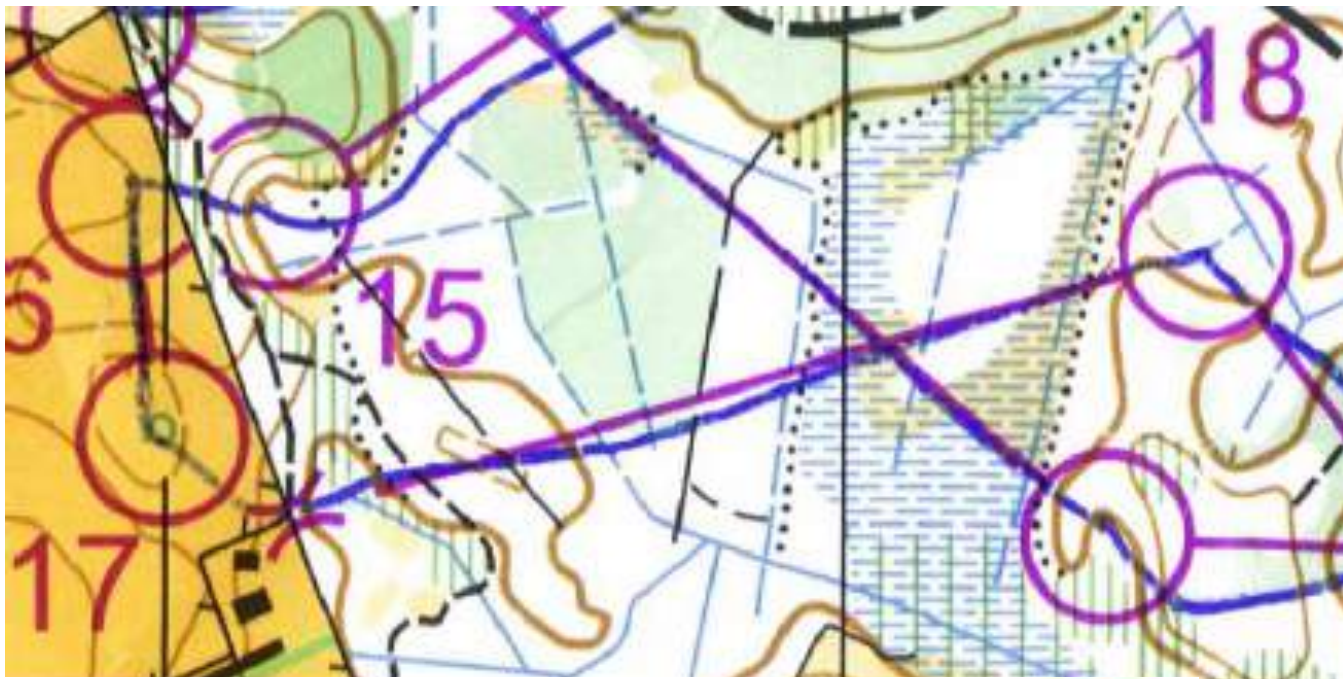
If you aren't able to notice the green vegetation blob what should you do?



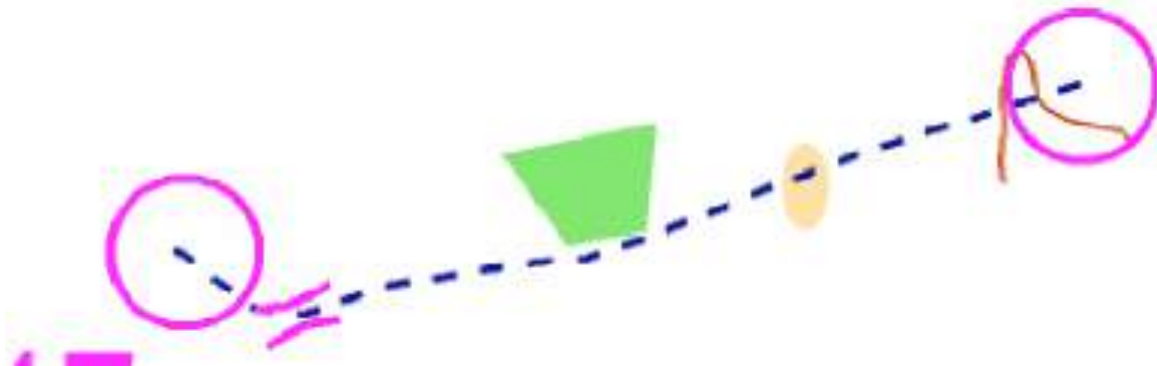


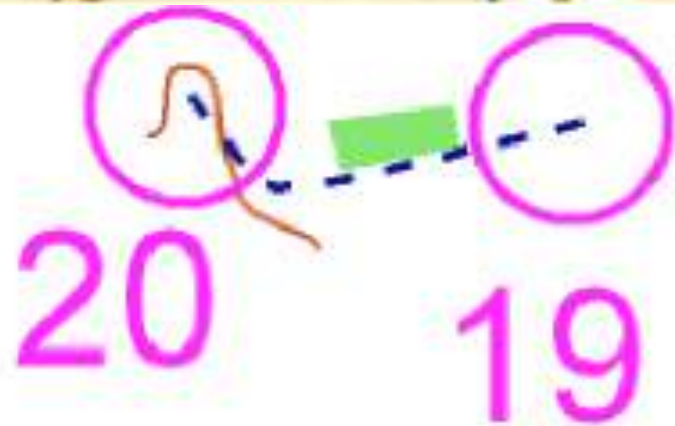
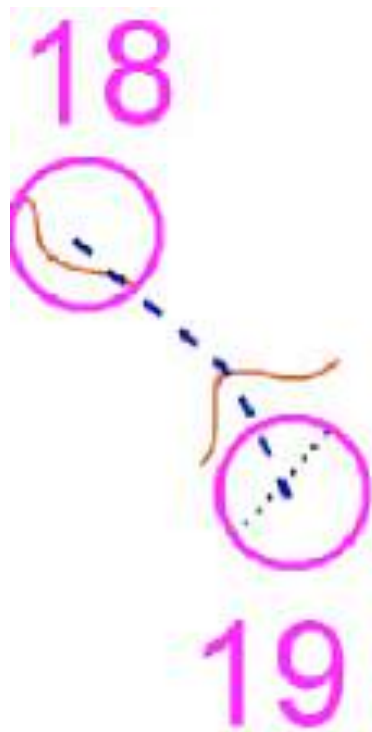
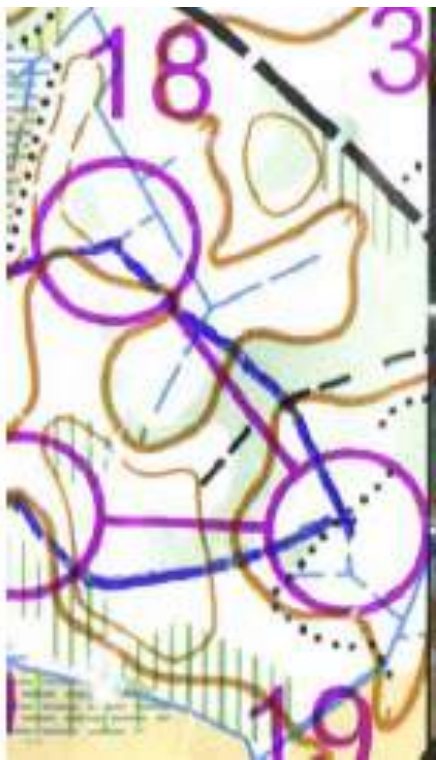
Change of technique
is required.

What do you focus on
when you have short,
simple controls like
this?

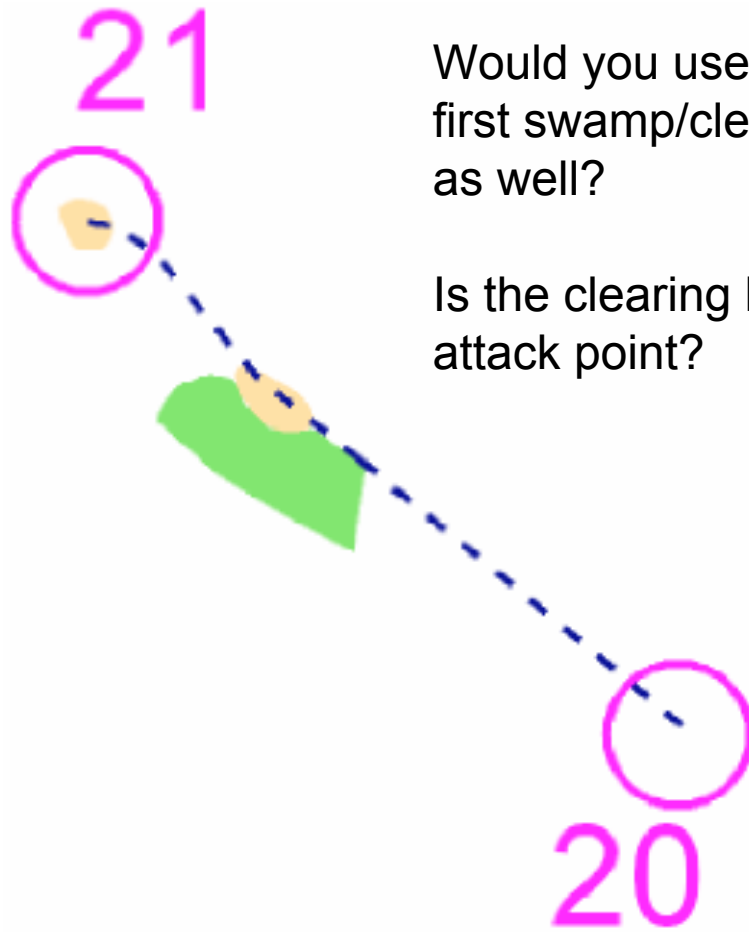
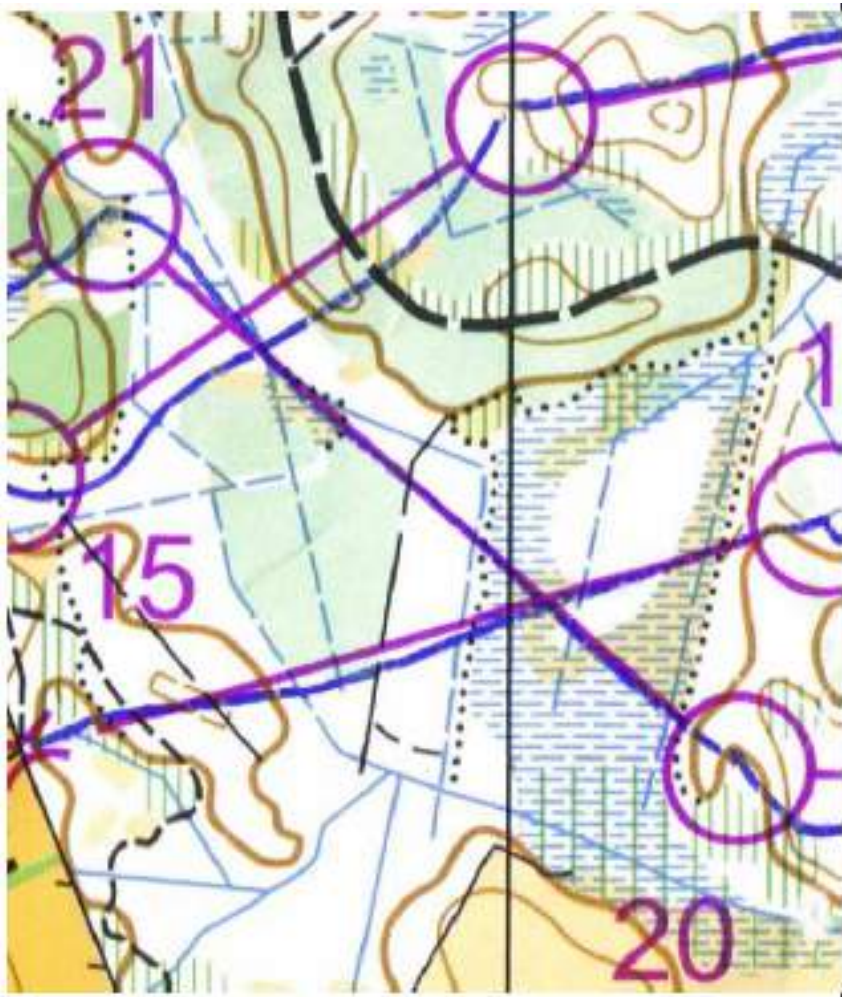


Easy to lose contact with the map on this control. What is your catching feature?



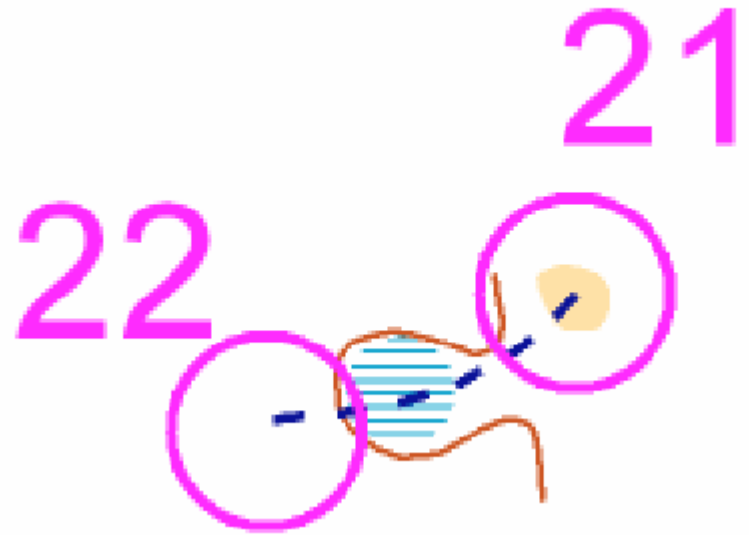


Notice how much cleaner the simplified map looks.



Would you use the first swamp/clearing as well?

Is the clearing his attack point?



Simplifying the go control is SUPER important. It allows you to run fast but makes sure you have a plan (and avoid making an embarrassing mistake).

Simplification Recap

- Break your leg into a couple of mini legs
- If you can't find one of your features begin admitting you need to relocate
- Have something to let you know if you've gone too far
- Using reading map less = bearings are even more important