

CF + RELAY + Course Planning

SPOTT Session 5

Questions about Catching Features:

- What's CF good for training?
- How often do you play as training?
- What bad habits can we learn from CF?
- Best way to get used to using the controls?
- What races do you do after intro?
- Use to prep for JWOC/WOC?

Catching Features Answers:

- CF good for practicing quick map reading, visualisation
- Play as often as you want
- Treat CF as training (if you want to benefit)
- Anything you keep repeating can become a habit Look at inputs under options menu to learn controls
- Do Intro to CF campaign - contact Eric Kemp if done
- To prep for race try running old course on the competition map using CF

What is your experience with Relay?

Think of your most relevant experience and share it:

- Have you ever run a relay, a mass start?
- Ever followed someone/ been followed during an orienteering race?
- Ever run a relay in another sport?

Special to Relays

- Mass Starts
- Forking
- Packs of people /Following
- No separate control descriptions
- Pressure of team relying on you
- Handoff to team member

Relays at WOC

Due to a recent change, there are now two Relays at WOC.

Sprint Relay (new)

Relay (traditional)

Can anyone explain what the formats are?

Traditional Relay

- Last day of WOC/JWOC
- Three person relay
- Separate relay for Men & Women
- Mass start
- Middle distance style legs
- 1:1000 map
- Aprox 1h 55 min winning time

Start of Sprint Relay at WOC 2014



Sprint Relay

- New as of 2014 WOC
- Permanent addition to WOC
- 4 people (2 Women and 2 Men)
- Order: Woman1, Man1, Man2, Woman2
- 1:4000 map
- “Touchless” controls
- Winning time approximately 60 min

More info on sprint Relay

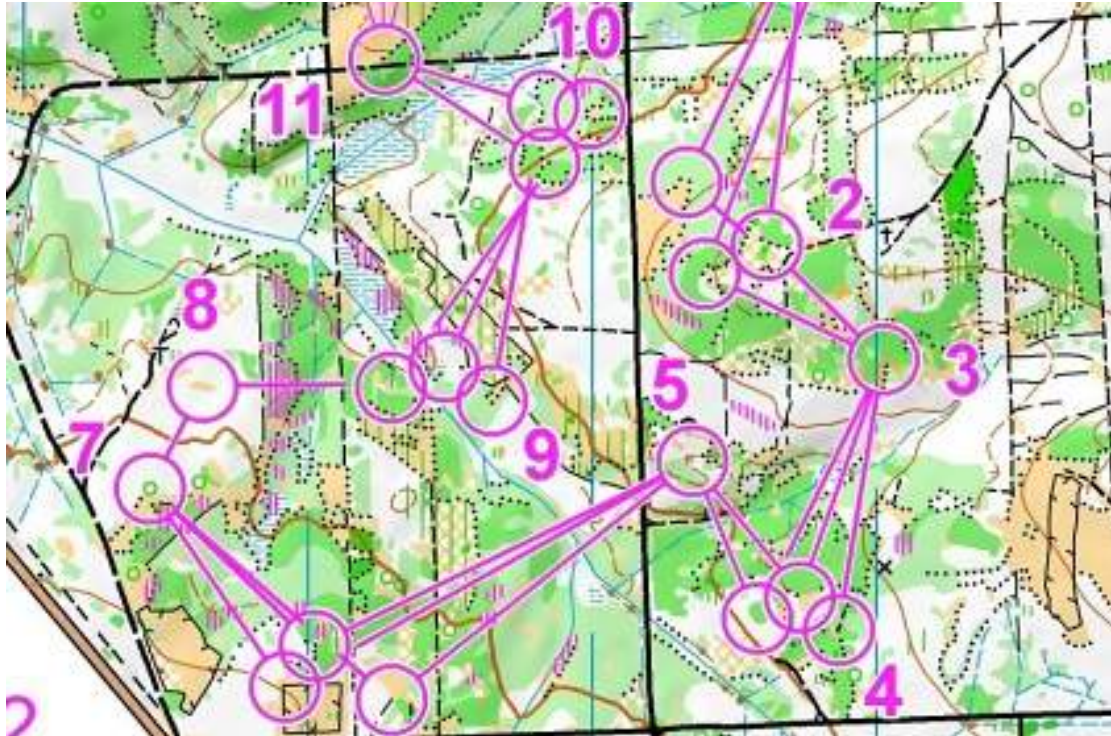
Map from 2014 WOC sprint relay:

http://www.woc2014.info/LIVE/maps/sprintrelay/Trento_Sprint_relay.jpg

Feedback from first Sprint Relay:

<http://orienteering.org/wp-content/uploads/2014/03/Feedback-from-first-Sprint-Relay-at-World-Cup-2014-Round-1.pdf>

Forking



Both Relay and Sprint Relay will involve forking.

Following is still useful.

Following

- FOLLOW ALONG ON YOUR MAP
- Use extra time to read control description
- Don't follow exactly; take more efficient running routes to save time
- If you get dropped, switch to own orienteering

Dropping a follower

- Being followed can be annoying/stressful
- Think of it as a benefit (for the moment)
- Run current leg easier as you plan next control or two
- When you find the control, take off on your pre planned + memorised route.

Extra links

JWOC 2013 Relay: http://www.jwoc2013.cz/upload/live/relay_M12.jpg

JWOC 2014 Relay:
http://jwoc2014.bg/maps/relay_JWOC.jpg

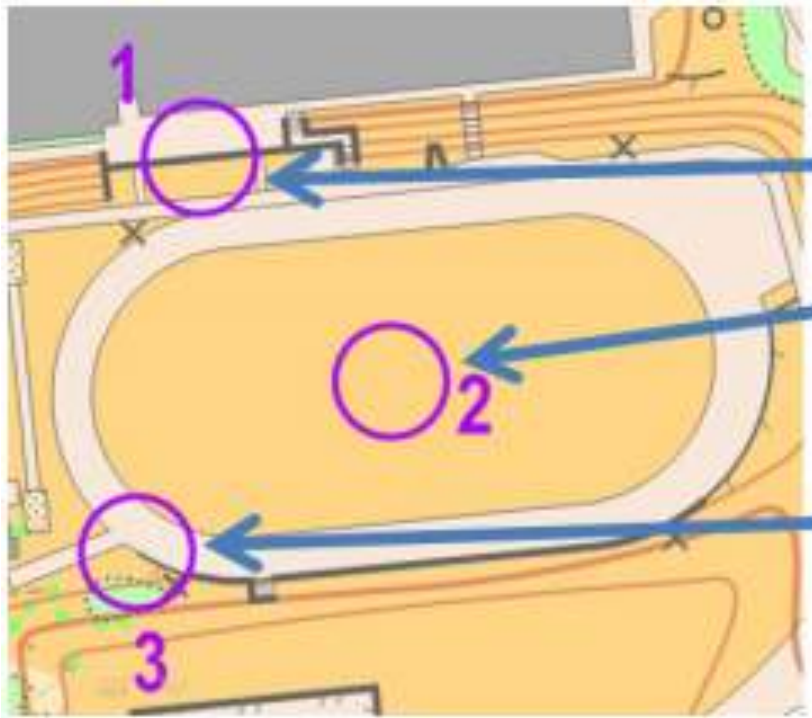
WOC 2013 Relay:
<http://www.woc2013.fi/wp-content/uploads/2014/08/Relay-MEN.gif>

Course Planning Theory

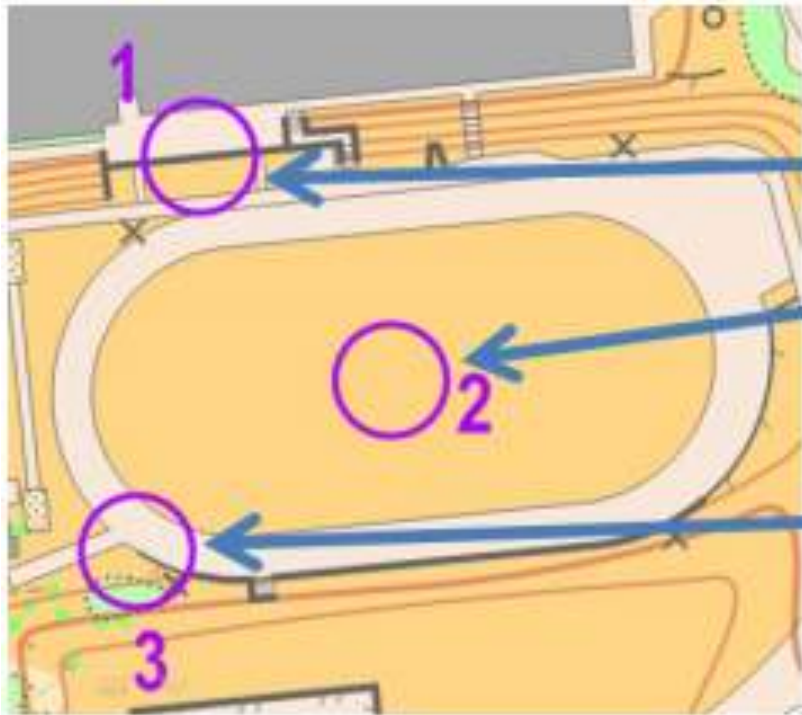
- Use best Terrain
- Avoid poorly mapped areas
- Interesting legs rather than interesting features
- Controls on clearly defined features
- Legs that vary in length or direction

(Info summarized from Officials 100 level training manual)

What is wrong with these controls?



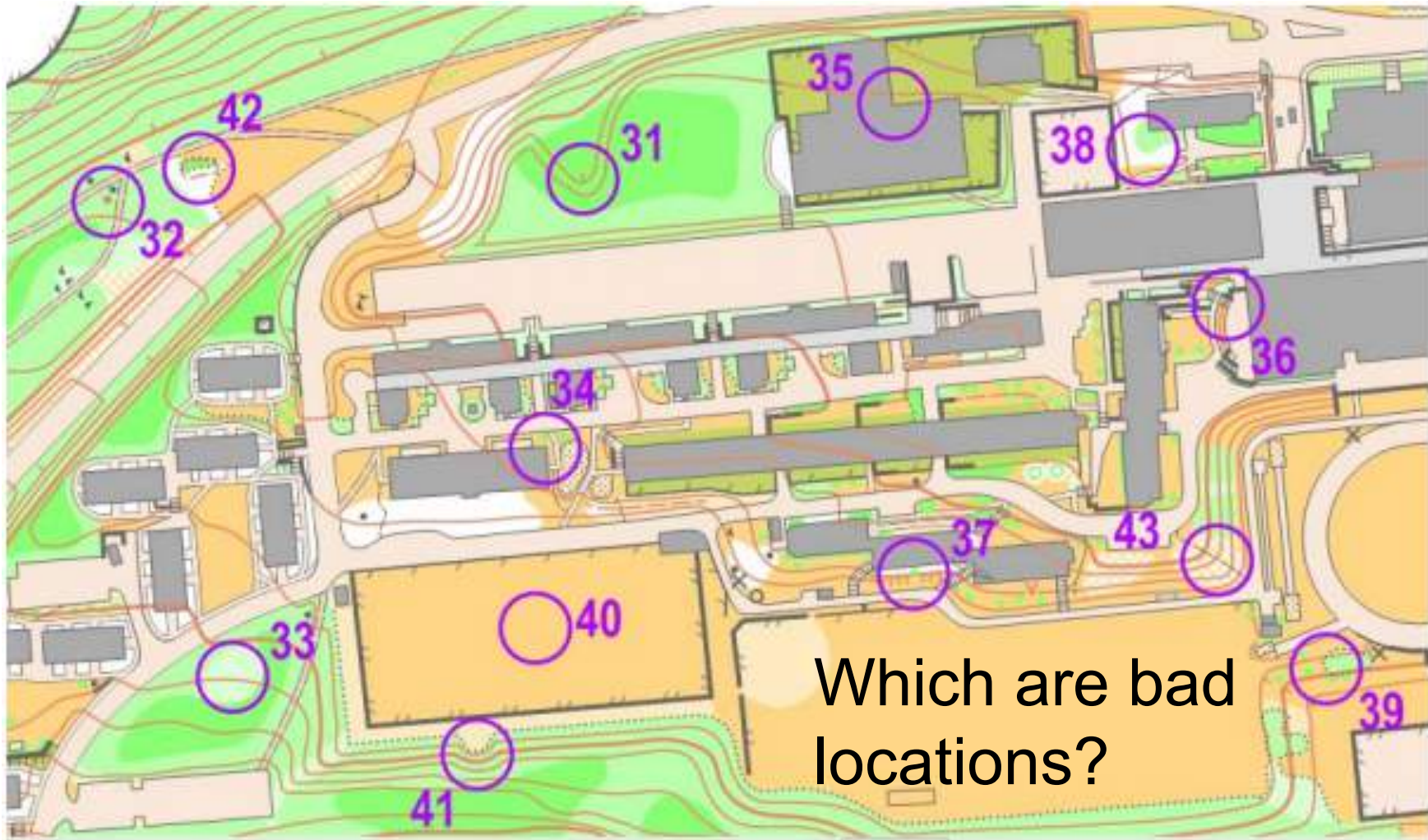
What is wrong with these controls?



Control 1 is in the middle of the wall. Wall corner or wall/path junction are more concrete control locations

Control 2 is in the centre of a field. There is no feature to place the flag on

Control 3 is on the end of a fence. This is an acceptable control location



Which are bad locations?

Route Choice

A successful orienteering leg leads the participant through interesting, technical terrain, emphasizes map reading problems, offers route choice, and allows for both rough and precision orienteering.

Route choice can be created by planning legs that force the participant to travel across, rather than along, features in the terrain.

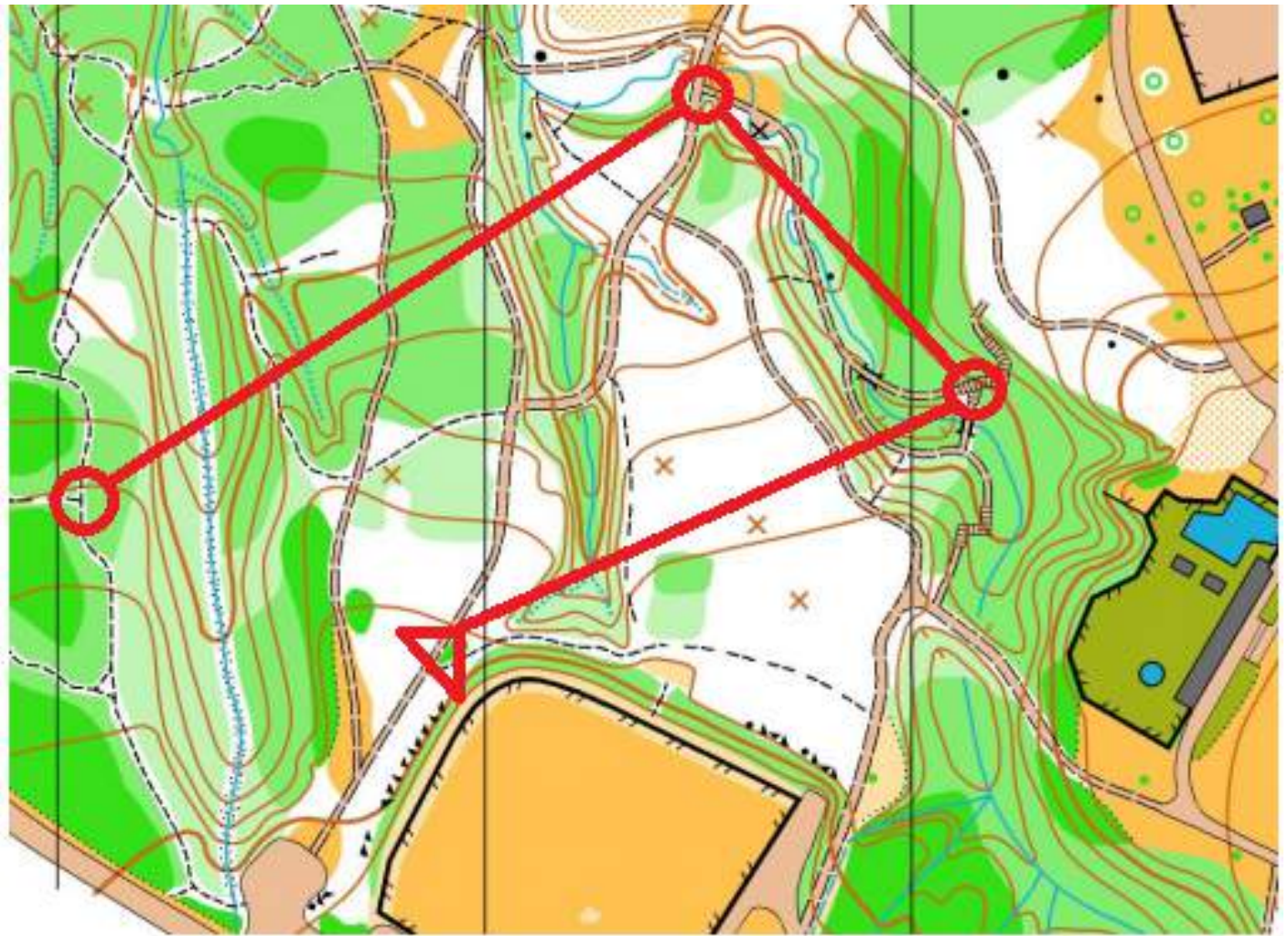


Route Choice cont.

Not ALL legs need to have route choice.

Short legs can be used to transport participants to the beginning of a route choice leg or to take advantage of an intricate area.

The non
route choice
leg
transitions
between two
route choice
legs



Common Errors

- Doglegs
- Unpleasant / Unsafe control locations
- Encouraging Cheating
- Bingo Control

Doglegs:

Best route is running back the way you came from

Common fix is to have angles greater than 90 degrees



Encouraging Cheating

- Avoid controls where the best route is through an impassable area that looks passable
- High walls and fences are not a problem
- Flowerbeds are tempting to run through/ over



Bingo Controls

Controls found by luck rather than skill.

Unpleasant control locations

Ex. Top of dark green hill

Unsafe Control Locations

Ex. Top of very big cliffs

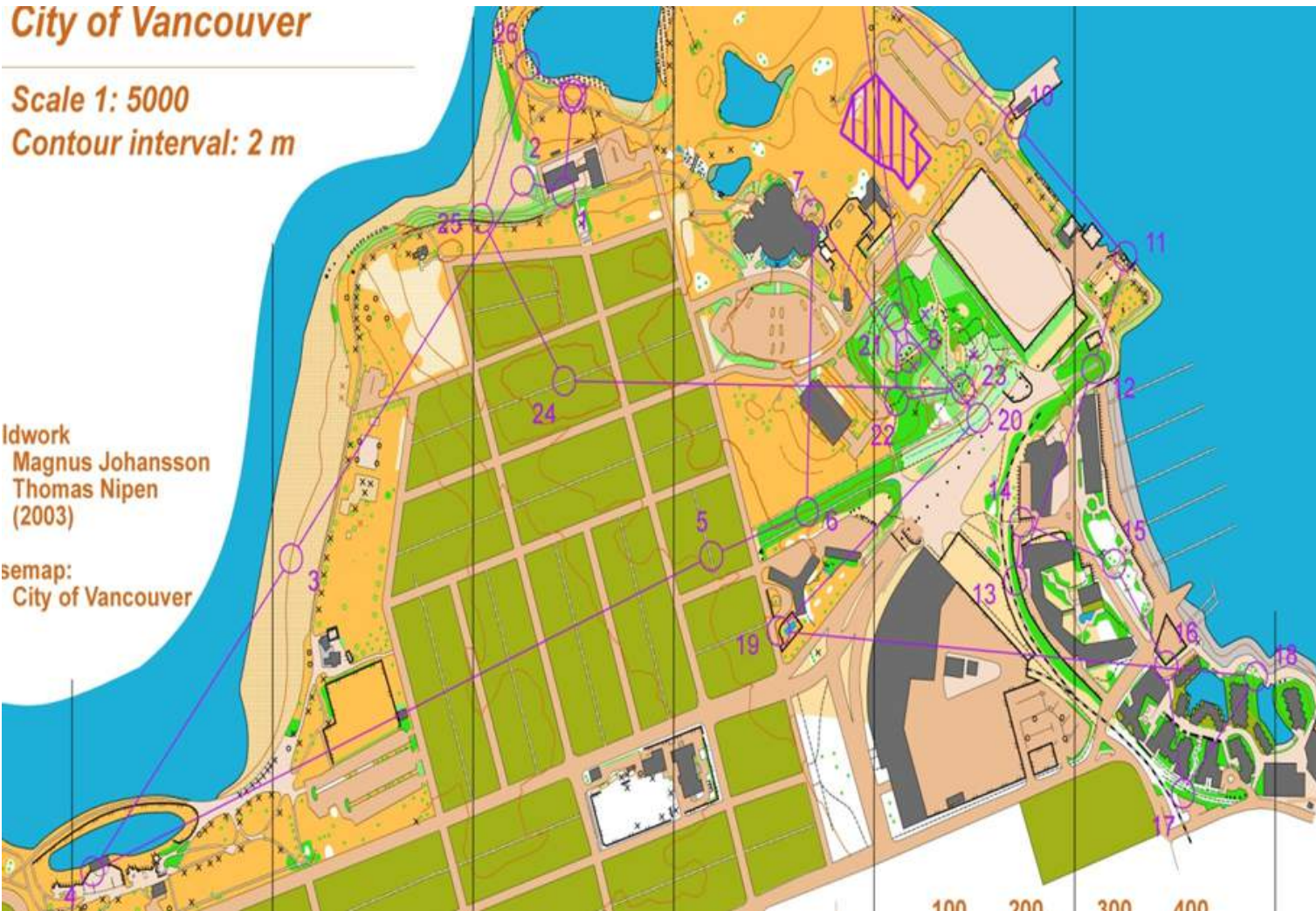
City of Vancouver

Scale 1: 5000

Contour interval: 2 m

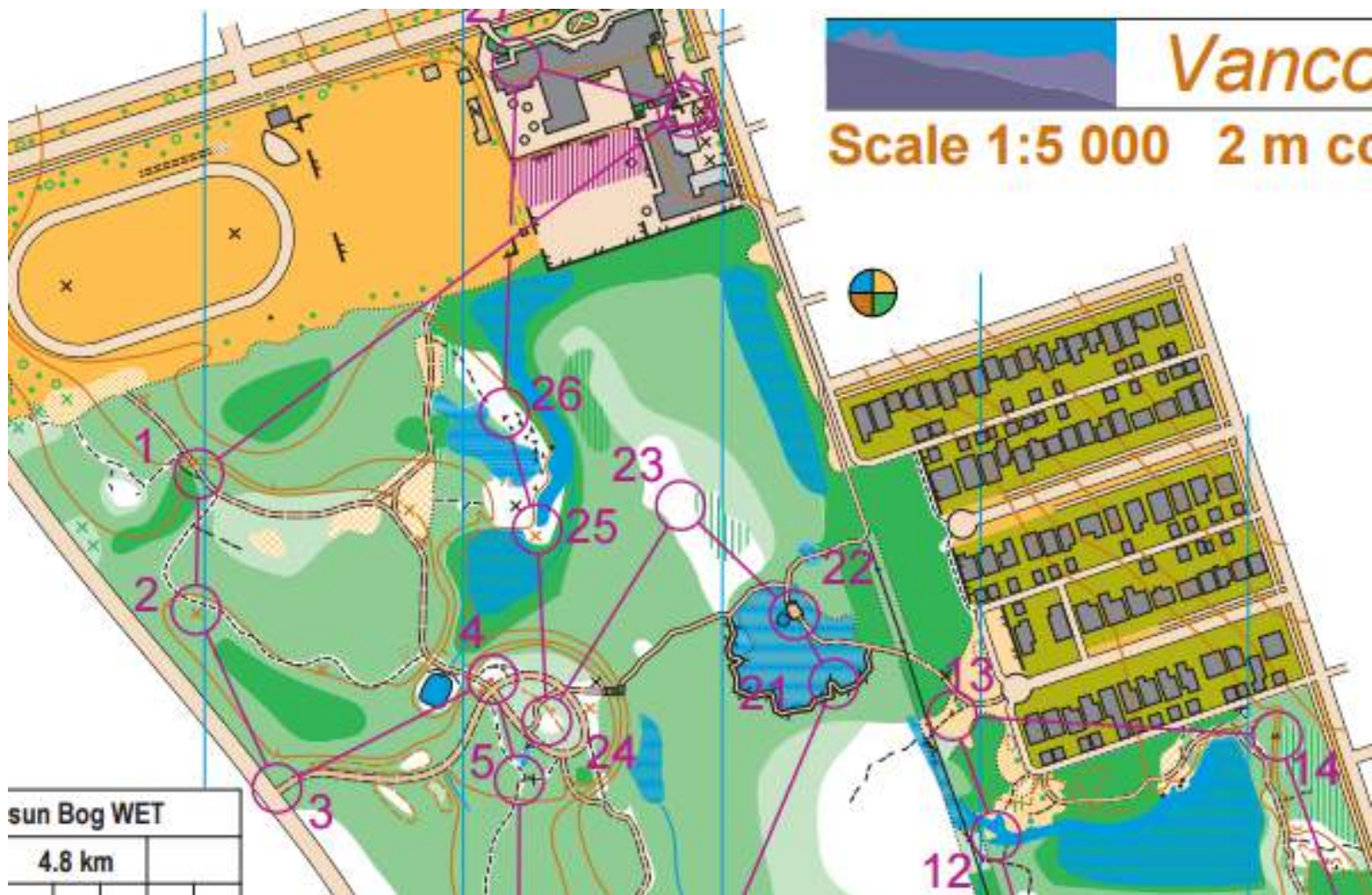
Idwork
Magnus Johansson
Thomas Nipen
(2003)

semmap:
City of Vancouver



Really Bad
Course:

Tell me why



Less Bad

Which parts do you like, which could be improved?

<http://gvoc.whyjustrun.ca/courses/map/1789>