

## **Victorian Middle Distance Championships Rules**

The Victorian Middle Distance Orienteering Championships shall be conducted in foot orienteering annually. They shall be conducted in accordance with the OA Competition Rules for Group B events with the following additions:

### **1. Allocation of events**

The event shall be allocated to a club or clubs not later than December 31 of the year two years prior to the event. The Board shall call for expressions of interest to stage the event and, if multiple expressions of interest are received, make a recommendation to Council on the conduct of the event. In seeking expressions of interest, the Board may seek information on the proposed venue of the event, or other matters.

The date of the event shall be set in the year prior to the event as part of the normal Orienteering Victoria fixtures process. It is encouraged to stage the event on the same weekend as the Victorian Long Distance Championships or another significant event.

### **2. Map and terrain**

The map to be used for the event may be a new map, or may be an existing map. If an existing map is used, it should be a high-standard map (preferably one previously used for a major event) and preferably not be more than five years old. It should not have been previously used to the extent that some competitors are likely to have a major advantage over others from prior knowledge of the terrain.

The map and terrain should be suitable for the setting of middle distance courses. This is described as follows in IOF and OA guidelines: "It takes place in a non-urban (mostly forested) environment with an emphasis on detailed navigation and where finding the controls constitutes a challenge. It requires constant concentration on map reading with occasional shifts in running directions 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."

A map scale of 1:10000 should normally be used for all classes.

### **3. Embargoes**

Unless determined otherwise by the Bush Orienteering sub-committee, the area to be used for the event shall be embargoed from 1 January of the year of the event up until the event date.

### **4. Classes**

Championship (A) age classes shall be offered in the following age groups:

M/W-10, -12, -14, -16, 17-20, 21, 35, 40, 45, 50, 55, 60, 65, 70, 75 and 80.

Older age classes (e.g. 85) shall be offered if at least one person eligible for that age class is regularly participating in events in Victoria in the year concerned.

If the event is a National League event, M/W21E and 17-20E classes shall be contested (in accordance with OA rules for National League events), along with M/W17-20A. These classes shall replace M/W17-20A and 21A.

No AS classes will be offered (as all courses are Short). Non-championship B classes shall be offered as follows:

Junior B; Long Open B (any age); Short Open B (any age)

All championship classes offered must be contested if there is at least one entry prior to the closing date. Non-championship classes may be merged, at the organiser’s discretion, if 3 or fewer entries are received prior to the closing date.

### 5. Courses

Winning times for A classes shall be in accordance with the winning times in the OA Competition Rules for the Australian Middle Distance Championships: 25-35 minutes for all classes, except for M/W10 (20 minutes).

A suggested combination of courses and classes is shown in the table below. This should be taken as a guide only and should be amended if, for example, the longer courses are in terrain which is significantly different to that of the shorter courses, or if the number of entries is substantially larger than usual (e.g. if the event is staged as part of a national carnival).

| Course | % of course length (approx) | Technical difficulty | Classes  |
|--------|-----------------------------|----------------------|--|
| 1      | 100%                        | Hard                 | M21A, M17-20A, M35A                            |
| 2      | 85%                         | Hard                 | M40A, M45A, W21A, W17-20A, W35A                |
| 3      | 70%                         | Hard                 | M16A, M50A, M55A, W40A, W45A                   |
| 4      | 60%                         | Hard                 | M60A, M65A, W16A, W50A, W55A                   |
| 5      | 40%                         | Hard                 | M70A, M75A, M80A, W60A, W65A, W70A, W75A, W80A |
| 6      | 60-70%                      | Moderate             | M14A, W14A, Long Open B                        |
| 7      | -                           | Easy                 | M12A, W12A, Junior B, Short Open B             |
| 8      | -                           | Very easy            | M10A, W10A                                     |

Distances are not given for courses 7 and 8, as the length of these courses is largely determined by the availability of suitable features in the terrain.

Hard navigation courses should be set to provide an emphasis on fine navigation. A variety of leg lengths and frequent changes of direction are also encouraged.

Courses shall be pre-marked on competitors’ maps.

## **6. Controlling**

The controller for the event shall be appointed by the Bush Orienteering Committee as soon as possible after the event is allocated to the organizing club(s). In accordance with the OA Competition Rules, they shall hold Level 2 or 3 accreditation.

## **7. Entries**

The Championships shall be a pre-entry event. The closing date for entries shall be set by the organizers. Entries received after the closing date may be accepted at the sole discretion of the organizers.

Organizers are encouraged to offer opportunities for participants to enter on the day on some of the Championship courses after all Championship competitors have started, but such enter-on-the-day participants shall not be included in Championship results.

Australian participants in Championship classes shall be members of an orienteering association within Australia, or members of an organization which holds an associate membership with Orienteering Victoria. Non-members are permitted to participate in non-Championship classes or enter-on-the-day courses.

## **8. Start times**

Start times shall be determined in accordance with the OA Competition Rules. The normal interval between start times shall be 2 minutes. This may be reduced to 1 minute, with the approval of the controller, if there are a large number of entrants.

## **9. Awards**

Awards shall be made to the winners in all Championship classes. Awards may also be made to the placegetters in Championship classes, and to winners and placegetters of non Championship classes, at the discretion of the organisers.