

## **VICTORIAN LONG DISTANCE CHAMPIONSHIPS - RULES**

### **1 Conduct and Responsibility**

Orienteering Victoria shall conduct Victorian Championships annually. Responsibility for the conduct of the Championships shall be allocated to a Victorian Club by the Board, on the advice of the Bush Orienteering Subcommittee, three years prior to the Championships. The Bush Orienteering Subcommittee shall appoint a Controller for the event immediately following the allocation of the event by the Committee.

### **2 Timing**

The Championships shall be conducted in September or October unless otherwise agreed by the Board. The date of the Championships shall be set two years before the Championships by the Board, in consultation with the organising club, following consultation with the OA National Fixture List Coordinator.

### **3 Rules**

The Championships shall be conducted in accordance with the OA Competition Rules. Any variation to those rules must be approved by the appropriate person as specified in the Competition Rules.

### **4 Terrain and courses**

The terrain and courses should be appropriate for the setting of Long Distance courses. IOF and OA guidelines describe the Long Distance format as follows:

“It takes place in a non-urban (mostly forested) environment, and aims at testing the athlete’s ability to make efficient route choices, to read and interpret the map and plan the race for endurance during a long and physically demanding exercise. The format emphasizes route choices and navigation in rough, demanding terrain, preferably hilly. The control is the end-point of a long leg with demanding route choice, and is not necessarily in itself difficult to find. The Long distance may in parts include elements characteristic of the Middle Distance, with the course suddenly breaking the pattern of route choice orienteering to introduce a section with more technically demanding legs.”

### **5 Classes**

**5.1** Victorian Championships shall be offered in the following age classes.

M-10, M-12, M-14, M-16, M17-20, M35, M40, M45, M50, M55, M60, M65, M70, M75, M80

W-10, W-12, W-14, W-16, W17-20, W35, W40, W45, W50, W55, W60, W65, W70

**5.2** Victorian Championship Elite classes shall be offered for M21 and W21.

**5.3** There shall also be offered an A class for M21 and W21 which shall not be Victorian Championship classes.

**5.4** The organisers shall also offer non Championship A Short (AS) classes in at least the following age groups: M/W 17-20, 21-34, 35-44, 55+

The organisers shall also offer the following non Championship B classes:

M/W -12; -14; -16; Long Open B, Short Open B

**5.5.** All Victorian Championship classes must be conducted, even if there is only one entrant. Other classes that have been offered must be conducted if there are at least 4 entrants.

If less than 4 entries are received, the organisers may conduct the class or combine it with another class.

**6 Entries**

- 6.1 Entries for the Victorian Long Distance Championships shall be restricted to:  
Registered financial members of Orienteering Victoria,  
Registered financial members of any other State Association affiliated with Orienteering Victoria,  
Registered financial members of overseas Associations affiliated with the IOF, and  
Members of any school or association that is an Associate of Orienteering Victoria.
- 6.2 The closing date for entries shall be four weeks before the date of the event, unless otherwise determined by the organizers. The organizers may refuse to accept late entries or charge them an additional fee.
- 6.3 All memberships must be verified with the Orienteering Victoria Membership Secretary and the relevant State Association secretaries before the event.
- 6.4 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.
- 6.5 Novice competitors on M/W10 course may be shadowed, and may start at any time during the range of times available.

**7 Courses**

7.1 The winning times and degrees of navigational ability for all E and A classes shall be in accordance with the OA Competition Rules for long distance events as listed below. The course lengths shall be set to achieve those times, using, where available, kilometre rates for similar terrain.

Class	Winning Time (min)	Navigational Difficulty	Class	Winning Time(min)	Navigational Difficulty
W10	20	V. Easy	M-10	20	V. Easy
W-12	25	Easy	M-12	30	Easy
W-14	30	Moderate	M-14	40	Moderate
W-16	40	Hard	M-16	50	Hard
W-18	50	Hard	M-18	60	Hard
W-20	55	Hard	M-20	70	Hard
W1 Elite	75	Hard	M21 Elite	90	Hard
W21A	60	Hard	M21A	85	Hard
W35-	60	Hard	M35-	70	Hard
W40-	60	Hard	M40-	65	Hard
W45-	60	hard	M45-	60	Hard
W50-	55	Hard	M50-	55	Hard
W55-	50	Hard	M55-	50	Hard
W60-	50	Hard	M60-	50	Hard
W65-	50	Hard	M65-	50	Hard
W70-	50	Hard	M70-	50	Hard
			M75-	50	Hard
			M80-	50	Hard

- 7.2** Suggested class/course combinations are given in the table following. Suggested course length percentages are also given. These class/course combinations and percentages are for guidance only and are based on Course 1 being the correct length to achieve a winning time for M21E of 90 minutes. It is the responsibility of the Course Setter and Controller to determine the course length for every class to achieve the winning times above. The course lengths should be calculated for each class for each event, using the best available information on kilometre rates.

## **8 Awards**

- 8.1** Awards shall be given to all place getters (first, second, third) in E and A classes irrespective of the number of competitors who started in the class.
- 8.2** Awards shall be given to all place getters (first, second, third) in AS and B age classes unless there are fewer than four competitors who started in the class, in which case the number of awards shall be one less than the number of competitors who started in the class.
- 8.3** The approval of the Orienteering Victoria Board shall be obtained if the awards for placegetters are to be other than cloth badges.
- 8.4** The Victorian Resident Champion will be considered to be the leading Victorian (defined as an OV member normally resident in Victoria) in each Championship class.
- 8.5** A participation award shall be given to each M/W10 competitor who successfully completes their course.

## **9 Embargoes**

- 9.1** 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.

**Victorian Long Distance Championships Suggested Class/Course Combinations – Events in National Carnivals**

Course	Distance	Diff	E and A Classes	A Short Classes	B Classes
1	100%	H	M21E		
2	71%	H	M17-20, M21A, M35		
3	61%	H	W21E, M40		
4	55%	H	M45	M21	
5	46%	H	W17-20, W21A, W35, M-16		
6	44%	H	W40, M50		
7	38%	H	W45, M55	M17-20, M35-44	
8	32%	H	W50, M60	W21, M45-54	
9	28%	H	W-16, W55, M65	W17-20, M55+, W35-44	
10	21%	H	W60, W65, M70	W45-54, M-16	
11	19%	H	W70, M75, M80	W-16, W55+	
12	34%	M	M-14		M17-20, M21, M35-44
13	25%	M	W-14		W17-20, W21, W35-44, M45-54, M16
14	21%	M			W-16, W45-54, M55+, W55+
15	Usually 2-3km	E	W-12, M-12		W-14, M-14
16	Usually 1.5-2km	VE	W-10, M-10		W-12, M-12

These course/class combinations should be used in years when a particularly large attendance is expected (e.g. if the Victorian Long Distance Championships are being conducted as part of a national carnival). They are guidelines only and courses may be merged or split as required depending on the length of the start time window.

**Victorian Long Distance Championships Suggested Class/Course Combinations – Events Not In National Carnivals**

Course	Distance	Diff	E and A Classes	A Short Classes	B Classes
1	100%	H	M21E		
2	71%	H	M17-20, M21A, M35		
3	61%	H	W21E, M40		
4	55%	H	M45	M21	
5	45%	H	W17-20, W21A, W35, W40, M-16, M50		
6	38%	H	W45, M55	M17-20, M35-44	
7	30%	H	W-16, W50, W55, M60, M65	W17-20, W21, W35-44, M45-54, M55+	
8	20%	H	W60, W65, W70, M70, M75, M80	M16, W-16, W45-54, W55+	
9	34%	M	M-14		M17-20, M21
10	25%	M	W-14		M-16, W-16, W17-20, W21, W35-44, M35-44, M55+, W55+
11	Usually 2-3km	E	W-12, M-12		W-14, M-14
12	Usually 1.5-2km	VE	W-10, M-10		W-12, M-12

**Important Note:**

These suggested class/course combinations and percentages are for guidance only and are based on Course 1 being the correct length to achieve a winning time for M21E of 90 minutes. It is the responsibility of the Course Setter and Controller to determine the course length for every class to achieve the winning times in 7.1 above. The course lengths should be calculated for each class for each event, using the best available information on kilometre rates.