

Competition Rules H: Jan Kjellström Relays

Text in bold below has mandatory status and shall be followed by event officials. Other content refers to material provided for guidance and for information. These Rules shall be read in conjunction with the BOF Rules and have the same authority. They shall be considered as their extension. Where these Rules vary or supplement BOF Rules, then these Competition Rules shall take precedence.

1. General Information

1.1 Level

1.1.1 The JK Relay Championship is a Level 1 event.

1.2 Purpose

1.2.1 The JK weekend is a high quality event held each Easter in memory of Jan Kjellström who gave so much help in establishing the sport of orienteering in Great Britain. Day 1 is a Sprint race; Days 2 and 3 Individual cross-country races; Day 4 a Relay.

1.3 Nature of Event

1.3.1 The JK Relay Championships are held on Easter Monday and are races for teams of three in mixed age classes.

1.4 Who May Compete

1.4.1 All competitors shall be either a National or Local Member of British Orienteering, or a member of an IOF affiliated Federation.

1.4.2 Teams shall only be entered by clubs which are affiliated either to British Orienteering or to another member Federation of the IOF.

1.4.3 All members of a team (except for those in an Ad Hoc class) shall be members of the same club, except in the JK Trophy and Women's Trophy classes where the UK Relay League Neighbouring Clubs Alliances guideline applies. For British teams this is as shown on their current British Orienteering membership card.

1.4.4 Non-competitive teams are not allowed to enter. However teams originally intended to be competitive may become non-competitive due to, for example, runners injured during the progress of the weekend being replaced on the day; this has to be accepted.

1.5 Responsibility

1.5.1 The JK Relay Championships are organised by Constituent Associations or by clubs on behalf of British Orienteering. Financial responsibility is divided between British Orienteering and the organising Association or Club on a two thirds: one third basis.

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1.5.2 The Event Organiser will be required to make regular reports on the progress of the event to their Association and to the Major Events Group. The Major Events Group will report to Events Committee if at any stage it feels the event is at risk.

1.6 Officials

1.6.1 Controller: Grade 1 controller appointed by the Major Events Group.

1.6.2 Map Adviser: appointed by Map Group

1.6.3 Since there are comparatively few relay events, officials may lack previous relay experience of their specific jobs. They should, however, have adequate experience of relays both as competitors and as helpers on the administration side.

1.7 Timescale

1.7.1 This is intended to give guidance only and is not an all-embracing list.

- 27 months Area selected, officials agreed, timescales agreed. Map adviser appointed.
- 14 months Survey underway to ensure correct seasonal representation.
- 12 months Survey complete and draft colour map available for planning (new maps).
- 9 months Survey complete and draft colour map available for planning (updated maps).
- 8 weeks Planning completed.
- 4 weeks Controlling of courses completed. Map files and course overprints sent to printer.
- 3 weeks Overprinted maps available. N.B. bagging / folding is a long job.
- EVENT Results displayed on the day and on the internet with a link from the British Orienteering web site by the evening.
- +2 weeks Results booklet posted.

2. Map and Terrain

2.1 Quality of Terrain

2.1.1 The terrain should be generally runnable and of good technical quality. Much of the excitement of relays comes from head to head racing, but if the competition is to be fair, the terrain must have route-choice and navigation potential so that the better orienteers can benefit from their skill.

2.1.2 The Grade 1 controller appointed by Major Events Group shall be responsible for assessing the suitability of the venue before the event is confirmed in the

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Fixtures List. The controller's report should confirm that all of the requirements listed below are met, and should be sent to the Major Events Group.

2.1.3 Courses are shorter than those for individual competitions, so smaller areas can be used. The terrain needs to be well featured (and accurately mapped!) as the control density in certain key places is likely to be unusually high. Very hilly areas and ones with poor conditions underfoot are unlikely to be suitable – relay areas should be particularly competitor-friendly!

2.1.4 There should be no crossing of roads which carry more than the occasional vehicle.

2.1.5 A relay is far more of a spectator event than any other form of orienteering and it is vital to identify the most suitable area for the change-over before course-planning starts. A good amphitheatre and atmosphere can make up for the lack of top class terrain.

2.2 Embargo

2.2.1 The competition terrain is embargoed as soon as its location is published. The terrain shall not have been used for orienteering for a minimum period of 24 months before the date of the Championships.

2.3 Map

2.3.1 The terrain shall be field worked in order for the map to be legible if presented at a scale of 1:15,000.

2.3.2 See Appendix H (Mapping)

2.4 Map Scale

2.4.1 The map scale for all age classes shall be 1:10,000, drawn with lines, line screens and symbol dimensions 50% greater than those used for 1:15,000 maps.

3. Event Organisation

3.1 General

3.1.1 The organisation should be sufficient to cope with the number of competitors expected to attend the event. Particular care is needed in finding a suitable car park and assembly area. The event should normally provide the following facilities:

- entry closing date no more than 28 days before date of competition
- where an area has been used for an earlier event, unmarked maps on display in the assembly area (these may be of the map used for the earlier event) and the event website
- same control site format at each control, with sample on display at the pre-start
- map collection from all finishers until the last runner has started
- public address system for commentary.

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- radio control sites for the major courses
- a dignified and prestigious ceremony to present prizes to at least the winners of all classes, and preferably to the first three teams in each class.

3.1.2 On the day of the event, the organisation is likely to experience far greater pressure than for individual events because of significant time compression. The three maxims are:

- off-load responsibility onto club captains or teams wherever possible
- do as much as possible beforehand
- if in doubt, over-staff.

3.2 Car parking

3.2.1 Since competitors arrive (and depart) during a relatively short period of time, several parking teams working in different areas are advised. If only one car park is to be used, multiple entrances may be needed.

3.3 Toilets

3.3.1 The average length of stay is longer than for an individual event, and there will be a higher proportion of non-competing spectators; consequently, toilet demand is likely to be greater.

3.4 Registration

3.4.1 Teams should register names and running order, and, if appropriate, confirm their eligibility for the class entered. For all classes with laps of unequal length or technical difficulty, information about the order in which these are to be run must be given to each team at, or prior to, registration. The order may be different for different teams in the Ad Hoc class.

3.4.2 Most registrations should be done before 'race day', but there will be many teams who wish to change names, running order or declare themselves non-competitive on the day. User-friendly 'Change Forms' should be readily available at Enquiries.

3.5 Competitors' numbers

3.5.1 Each class should be allocated an easily distinguishable block of team numbers. As numbering such as 120/2 is cumbersome, (and ambiguous when called out), the different laps are best indicated by broad, coloured stripes. Red, white and blue is the usual sequence.

3.6 Map issue

3.6.1 Maps, in opaque paper bags or folded and taped, are usually collected by competitors as each enters the start or change-over waiting area. Completely separate issue 'desks' for the different laps reduce the chance of competitors receiving the wrong map. Only on being shown a running number should the official hand over the appropriate map.

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3.6.2 Competitors will have been reminded in the Event Details that any attempt to 'see' the map before they start renders their team liable to disqualification.

3.7 Seeding

3.7.1 Organisers should attempt to seed teams in order to prevent potential winners having identical gaffles. Teams to be seeded include those which have finished in the top few in the class in question in the previous year. Also, any other teams which are thought to be very competitive could be included. A look at the entry list for the individual event should help to identify clubs which have 2 or 3 very good runners eligible for a given class. Additionally, a look at the results for the equivalent class at the previous year's JK Relays should also help identify competitive teams.

3.7.2 Once a list of potentially seeded teams is identified, they should be ranked 1, 2, 3 etc.

3.7.3 The actual number of seeds depends on the chosen system of gaffling. For example, with three legs, the gaffling is likely to be a multiple of three. In this case six teams should be seeded. Ranks 1 and 4 on gaffle A for the first lap, ranks 2 and 5 on gaffle B and ranks 3 and 6 on gaffle C. Subsequent laps should be arranged such that teams on the same gaffle on lap 1 are on different gaffles for laps 2, 3 etc.

3.7.4 The number of seeds should be a minimum of three and a maximum of ten.

3.8 Starts

3.8.1 In order to increase the number of people racing together, even if they are competing in different classes, all classes running the same course should start at the same time. The table in section 4 shows the class to course allocation. Intermediate classes should start at the same time as the corresponding Short classes even though they have a different second lap. The recommended start order and times are:

Class	Call-up	Mass Start
Mini Relay	09:45	10:00
JK Trophy	09:55	10:10
M120+	09:55	10:10
Women's Trophy	10:05	10:20
M165+	10:05	10:20
M/W40-	10:15	10:30

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Mixed Ad Hoc	10:25	10:40
Men's Short	10:35	10:50
W120+	10:35	10:50
M48–	10:35	10:50
Women's Short	10:45	11:00
W165+	10:45	11:00
W48–	10:45	11:00

3.9 Mini-mass Starts

3.9.1 Competitors awaiting previous lap runners who are long overdue should be started in a mini-mass start to avoid the competition going on too long. Arrangements for mini-mass Starts must be publicised in the Event Details. The planning and organisation should be such as to minimise the numbers of competitors likely to be involved. Exceptionally a mini-mass start may be delayed.

3.9.2 Those involved in mini-mass starts must have their team numbers recorded by an official. The starter must record the actual time of start manually as well as through their e-card.

3.9.3 Participation in a mini-mass start shall not disqualify a team unless previous notice has been given that this will be the case.

3.10 Finish and Timing

3.10.1 Since relays are decided by finishing order only, accurate timing is of secondary importance, although both individual and cumulative times should be displayed on the day.

3.11 Results display

3.11.1 Sturdy weatherproof stands at head height are recommended. Frequent up-date of team positions is essential. Make use of the fact that hundreds of pairs of eyes will check everything displayed.

3.11.2 It is particularly important to allow time and opportunity for appeals against disqualifications to be considered and resolved well before the prize-giving.

3.12 Prize-giving

3.12.1 There should be an area which gives good visibility for a prize-giving. A separate official should be responsible for producing a prize list, which involves monitoring the leading teams in each class; confirming eligibility; and checking that what is displayed agrees with the prize list!

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3.13 Trophies and Medals

3.13.1 JK Relay Championship Trophies shall be presented to the winners of each class.

3.13.2 JK medals shall be awarded to the first, second and third placed competitors in each class except the Mixed Ad Hoc. Leading competitors in this class shall only be awarded mementoes.

3.14 Published results

3.14.1 As well as team times and positions, the published results should show individual times and details of the course variants run.

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4. Course Planning

4.1 Classes

4.1.1 The following classes shall be offered.

Clas	Title	Lap	Details
A	JK Trophy	3	Long, Short, Long; technically difficult. Target times: 32, 25, 32 minutes.
B	Women's Trophy	3	Long, Short, Long; technically difficult. Target times: 32, 27, 32 minutes.
C	Men's Short	3	Long, Short, Long - but only 2/3 of JK Trophy distance. Technically difficult.
D	Women's Short	3	Long, Short, Long - but only 2/3 of Women's Trophy distance. Technically difficult.
E	Senior Men (M120+)	3	Long, Short, Long; technically difficult. Same course as JK Trophy.
F	Senior Women (W120+)	3	Long, Short, Long; technically difficult. Same course as Men's Short.
G	Veteran Men (M165+)	3	Long, Short, Long; technically difficult. Same course as Women's Trophy.
H	Veteran Women (W165+)	3	Long, Short, Long; technically difficult. Same course as Women's Short.
J	Intermediate Men (M48-)	3	Same technical difficulty as Green, Orange, Green. Approximate times 25, 15, 25 mins (for an M16).
K	Intermediate Women (W48-)	3	Same technical difficulty as Green, Orange, Green. Approximate times 25, 15, 25 mins (for a W16).
L	Junior Relay (M/W40-)	3	Same technical difficulty as Orange, Yellow, Orange.

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			Target times 20, 12, 20 mins (for M14 / M12 / M14).
M	Mini Relay (M/W12 and under)	3	Same technical difficulty as Yellow for all legs. Target times 12 mins for each leg.
N	Mixed Ad Hoc	3	Same technical difficulty as Green, Green, Orange. Approximate distances will be 4.5, 3.5, 2.5 km.

4.2 Notes

4.2.1 To be competitive in classes A to M all runners must be in the same club (UK or overseas), except in classes A and B where the UK Relay League Neighbouring Clubs Alliances guideline applies.

4.2.2 Class N, Mixed Ad Hoc, is open to teams (M and/or W) made up from members of the same or different clubs.

4.2.3 For age-restricted relay classes E to L the total of the British Orienteering age classes (not the actual ages) of the entrants counts. Added together these must be equal to or greater than (classes E, F, G, H), or equal to or less than (classes J, K, L) the number stipulated for the class.

4.2.4 For Junior Relay classes J, K, and L all competitors must be M/W20 or below.

4.2.5 For the senior classes E, F, G, and H any junior will be counted as though they were 'running up' as an M/W21.

4.2.6 For class M, the Mini Relay, all entrants must be M/W12 or below.

4.2.7 Laps will be run in the order shown except for class N, Mixed Ad Hoc, which will have lap lengths jumbled up. For this class, the running order will be shown on the Team Declaration Form so that team members will be able to select the lap appropriate to them.

4.3 Courses to be planned

4.3.1 It is not necessary to plan separate courses for each class as the table below shows that there is significant overlap in the laps needed for each race:

Courses	a	b	c	d	e	f	g
TD	5	5	5	5	5	3	2
Course length	1.00	0.78	0.66	0.54	0.40	Approx	Approx

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Class							
JK Trophy	1, 3	2					
Women's Trophy		1, 3	2				
Men's Short			1, 3	2			
Women's Short				1, 3	2		
Senior Men (M120+)	1, 3	2					
Senior Women (W120+)			1, 3	2			
Veteran Men (M165+)		1, 3	2				
Veteran Women (W165+)				1, 3	2		
Intermediate Men (M48-)			1, 3			2	
Intermediate Women (W48-)				1, 3		2	
Junior Relay (M/W40-)						1, 3	2
Mini Relay (M/W12 and under)							1, 2, 3
Mixed Ad Hoc		long		mediu		short	

4.4 Planning notes

4.4.1 The course length ratios are based on a 32 minute fastest lap time for an elite competitor running a long lap on the JK Trophy.

4.4.2 Planners should note that course length ratios refer to course lengths which are "corrected" for height climb (by adding 0.1 km for every 10m of climb).

4.4.3 The number of variants of a particular course, and how to use gaffling, is a decision to be made by the planner. This should take into account the likely number of teams running.

4.4.4 It is preferable that all courses, including the Mini Relay, are gaffled to some extent to avoid following. However gaffling should be fair, and in particular should not try and 'trick' juniors into mispunching.

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4.4.5 It must be remembered that whatever method of gaffling is employed, in order for the race to be fair it is essential that by the end of the race each team must have run precisely the same legs. It is not sufficient that they have just visited the same controls.

4.4.6 The fair siting of controls is even more important in relays than in individual competitions. Anything which gives an unfair disadvantage to those leading must be avoided at all cost. In particular any hint of a 'bingo control' (pits in bracken for example) will result in a hard earned lead being lost whilst a pack forms for a control hunting exercise. Similarly, dog-legs give an advantage to those behind.

4.4.7 Although groups of controls are often used it is not good planning to have them too close together, or visible from one another. A competitor who arrives at the wrong control should be penalised for it. Grouped controls should also be on unambiguous features and have very different control codes. The planner should not be trying to trick people - the fewer people disqualified for mispunching the better.

4.5 Control Descriptions

4.5.1 see Appendix A

5. Further information

5.1 Other Information

5.1.1 Appendices B (course planning), E (event safety), and G (protests, juries and appeals).

5.1.2 If you cannot find the answer to a question within the published Rules, Appendices and Guidelines then please contact the Chairman of Rules Group via British Orienteering National Office.