

Gauteng Orienteering Clubs

Event and Technical Standards

As formulated by the GOC Technical Sub-Committee and approved by the GOC on 3 Sep 2007,
with addition (Mappers Embargo) approved by GOC on 21 Jan 2008

Revision 4 October 2011 and February 2014 approved by GOC on 24 March 2014.

Revision 5 May 2016 approved by GOC

Revision 17 June 2021 approved by GOC (Update Ultra Event Categories).....

Revision 11 May 2024 approved by GOC (Update Ultra Event Points system, eligibility and water points. Move GOC prize giving to own section. Remove two clubs).....

The following is a framework for Orienteering Events organised by Gauteng Orienteering Clubs, taking effect from January 2014. The proposal's scope includes changes and re-definitions to the event calendar, including the Short Course, renamed the Adventure Navigation Urban Series and Colour-Coded series, renamed the Bushveld Series, the Gauteng Performance Logs, expected winning times for courses, as well as rulings and standards for orienteering event organisation. The proposals are all based on experience from the last 10 – 15 years of orienteering in the province. The final objective is to improve the standard of orienteering events in the province, thereby improving the attractiveness and enjoyability of the sport in the province.

OVERVIEW

As of January 2024, the Gauteng Orienteering Clubs (GOC) association comprises three clubs:

- Rand Athletics Club Orienteers (RACO)
- Rand Orienteering Club (ROC)
- University of the Witwatersrand Orienteering Club (WITSOC)

The GOC officiates the running of the sport at provincial level under the auspices of the South African Orienteering Federation (SAOF). Although it remains the responsibility of the member clubs to organise events and maintain their own membership, the GOC shall co-ordinate:

- a provincial event calendar
- a provincial performance / ranking ladders (logs)
- annual provincial championships in middle, long and relay formats
- an annual awards dinner
- technical standards for event organization, planning and controlling for events organised by the clubs.

EVENT CALENDAR

The GOC event calendar shall recognise various types of events. These may include:

- **training** events
- **novelty** events

Event and Technical Standards

- **competitive** events (including Championship events)

Competitive orienteering events organised by GOC clubs shall abide by the SAOF's 'Abridged rules of Orienteering' and the GOC's 'Event and Technical Standards' document. Novelty and training events may also choose to abide if suitable within the event structure.

Competitive events shall comprise various orienteering distance types and be used to determine the provincial performance / ranking ladders. The orienteering distances types shall be:

- **sprint** distance
- **short** distance
- **middle** distance
- **long** distance
- **ultra** distance (the Long-O and Mountain Marathon Championships)

A GOC event calendar shall be published in the latter quarter of each calendar year and shall include all events from 01 January to 31 December for the following year.

PROVINCIAL CHAMPIONSHIPS

The GOC shall co-ordinate the annual presentation of a **Gauteng Orienteering Championships** in the following disciplines:

- Middle distance
- Long distance
- relay

The GOC shall appoint member clubs to organise the competitions under the auspices of the SAOF and governed by the SAOF's 'Abridged Rules of Orienteering' and the GOC's 'Event and Technical Standards' documents.

Eligibility and Participation at the Gauteng Provincial Championships shall be governed by the SAOF's Abridged Rules of Orienteering. (Point 4) These are set out below for ease of reference:

4. Participation

- 4.1. Participation at orienteering events is open to all members of the public subject to event specific event notices and the points 4.2 – 4.5 below.
- 4.2. Participation on the championship courses at the South African National Championships and Provincial Championships is open to paid up members of a Member Club and paid up members of other IOF Member organisations.
- 4.3. All competitors that are South African Citizens or Residents, competing on the Championship courses at the above mentioned events, are eligible for trophies and medals. The one exception is visiting (overseas) orienteers or recent arrivals in South Africa (less than 3 months) who may compete on championship courses, but who are not eligible for trophies/medals
- 4.4. Eligibility for medals and trophies in relay events at South African National Championships and Provincial Championships is subject to all members of a Club relay team having been paid up members of that Club for at least 6 months. No residential time frame or nationality restrictions apply to members of relay teams.

PERFORMANCE / RANKING LADDERS

The GOC shall maintain two separate performance ladders, one for shorter distance events (**Urban Series**) and one for longer distance events including all championships (**Bushveld Series**). Men and Women performance ladders will run independently.

Training and Novelty events shall not be included in the performance ladders and shall thus also be free to determine their own course categories and winning times. These events should fill up gaps in the calendar, particularly in the October to December period of each year. GOC clubs are encouraged to host regular events on the event calendar on so that orienteers have access to regular training opportunities.

Principles of the ranking ladders:

- Individuals competing in groups will not score points.
- Only SAOF affiliated club members may score points on a course.
- In the case of a group or non-SAOF affiliated club member winning an event, the next individual SAOF affiliated competitor will be credited with the maximum score for that event.
- Only paid up members of GOC clubs shall be recognised on the performance ladder and awarded winners prizes at the end of the season.

A **family** performance ladder will be calculated from the Short Course and Colour-Coded points of the top three members of a family. For the purposes of the rankings, a family must be immediately related, with at least one junior (M/W20 and under).

The objective of the scoring system is to determine the best Orienteer in a specific **age group**, irrespective of the classes these competitors enter in age group and colour-coded events. An individual's age grouping shall be made according to the competitor's year of birth in line with the SAOF's 'Abridged Rules of Orienteering'.

A) URBAN SERIES (US)

The Series shall run approximately from **January to May** of every year.

The series shall comprise of no less than **six** (6) events, including a single series final. A minimum of **50%** of valid events shall count for the Short Course Performance Ladder for each individual. E.g. If there are 8 events in the series, the best of 4 events counts for the log.

This series shall comprise:

- o **sprint** distance events
- o **short** distance events

The determination of sprint vs. short shall take cognisance of the event terrain and map and adhere to expected winning times. Sprint events should ideally use a Sprint Specification (ISSOM) map. The series shall ideally comprise an equal number of sprint and short distance events.

The following courses shall be offered at SC events:

- o a **men's** course (no groups)

Event and Technical Standards

- o a **women's** course of equivalent length and technicality to the men's course (groups may compete on this course)
- o an **Explorer** course (groups may also compete)
- o a string course for young children utilizing string course characters

Note: the high number of entries at some events requires the presentation of 2 separate courses of high technicality to prevent overcrowding on the course. The intention of the above split is to encourage a 50/50 split of competitors on the men's / women's courses.

The points scoring at events for the men's and women's course shall be as follows:

Position	Points
1 st	1000
2 nd to 5 th	980 to 920 (at 20 point intervals)
6 th to 15 th	900 to 810 (at 10 point intervals)
16 th to 25 th	800 to 755 (at 5 point intervals)
26 th and lower	750 and lower (at 2 point intervals)

The points scoring at events for the optional novice course shall be as follows:

Position	Points
1 st	700
2 nd and lower	698 and lower (at 2 point intervals)

The string course does not form part of the performance log.

If viable, at a Urban Series Final, the top ten (10) ranked individuals after the previous events (counting at least 50% of events) will be seeded and start the event in reverse chasing order after the rest of the field.

A series **prize giving** shall be held at the annual awards dinner. The following age categories shall be recognised: Overall (floating trophy), Junior (M/W20 and under), Senior (M/W21), and Veteran (M40 / W35 and older).

B) BUSHVELD (BS) SERIES

The Series shall run approximately from **April to October** of every year.

The series shall comprise of approximately **fourteen** (14) events. A minimum of **50%** of events, with a maximum of 5 championship events, shall count for the Colour-Coded Performance Ladder for each individual. E.g. If there are 14 events in the series, the best of 7 events counts for the log.

Eight (8) **championship** events shall be recognised, comprising the Ultra-distance Long-O and Mountain Marathon events, as well as middle and long distance Gauteng, middle and long distance Western Cape and middle and long distance South African Championships.

This series shall comprise:

Event and Technical Standards

- o **middle** distance colour-coded events (run in colour-coded categories)
- o **long** distance colour-coded events (run in colour-coded categories)
- o **ultra** distance championship events (run in age group categories)
- o provincial and national **championship** events (run in age group categories)

Middle and Long Events

The determination of middle vs. long shall take cognisance of the event terrain and size of map and adhere to expected winning times. The series shall ideally comprise an equal number of middle and long distance events.

The following courses shall be offered at colour-coded events:

- o **brown** course
- o **blue** course
- o **green** course
- o **light green** course
- o **orange** course
- o **yellow** course
- o an optional **red** course, with long distances on par between brown and blue, but easy technical navigation on a par between orange and light green.

The points scoring at colour-coded events for the male and female course winners shall be as follows:

- | | |
|---------------|-------------|
| o brown | 1000 points |
| o blue | 800 points |
| o green | 600 points |
| o light green | 450 points |
| o orange | 350 points |
| o yellow | 250 points |
| o red | 500 points |

Points for the remainder of the field will be calculated as a percentage of the winners points compared to the winners time.

If an individual competes in a colour-coded category well below their normal orienteering standard due to injury, illness or other, and subsequently wins by a significant margin in the lower category (e.g. 20% of time), the controller of the event at his / her discretion, may in addition award maximum points to the first recognised competitor who regularly competes on that course. The remainder of the competitors shall score points according to that competitor's time. Any objections shall be directed to the GOC for further ruling.

Ultra Events

The Format of the Ultra Events (Mountain Marathon and Long O) shall be the same as above with the six courses. Trophies will be awarded on the day for the following categories;

Open Men (**Brown Course**),
Open Women (**Blue Course**),
Junior Men (**Age 20- Blue Course**),
Junior Women (**Age 20- Green Course**),

Event and Technical Standards

Veteran Men (**Age 40+ Blue Course**),
Veteran Women (**Age 35+ Green Course**),
Masters Men (**Age 50+ Green Course**),
Masters Women (**Age 50+ Light Green Course**).
Grand Masters Men (**Age 65+ Green Course**)
Grand Masters Women (**Age 65+ Light Green Course**)

The points scoring at Ultra events for the male and female course winners shall be as follows:

o brown	1000 points
o blue	900 points
o green	800 points
o light green	600 points
o orange	350 points
o yellow	250 points

All points are awarded per course and not per category.

Eligibility for the Ultra Event Trophies.

All competitors that are members of a Gauteng Orienteering Club, competing on the courses at the above mentioned Ultra Events, are eligible for trophies

C) CHAMPIONSHIP EVENTS

The following courses and categories are recommended at Gauteng championship events, depending on suitability of terrain and competitor ability:

- o **Course 1:** M21A
- o **Course 2:** M20, W21A, M40
- o **Course 3:** W20, M21B, M50 W35
- o **Course 4:** M16, W21B, M60 W45
- o **Course 5:** W16, ,
- o **Course 6:** W55, W65, M70
- o **Course 7:** M12, W12, Short Novice
- o **Course 8:** Long Novice

The points scoring at championship events shall be as follows:

- o M/W21A categories 1200 points
- o M/W21B categories 800 points
- o LN / SN categories 500 points
- o All other categories 1000 points

Points for the remainder of the field will be calculated as a percentage of the category winners points compared to the category winners time.

D) GAUTENG RELAYS

Each year one of the GOC clubs shall organize the GOC Relay Event. The event shall be for club teams of 3 and open to all GOC Club members.

There will be trophies for the following team categories;
Open Men

Event and Technical Standards

Open Women	
Veteran Men	(Teams of men between the ages of 40 – 50)
Veteran Women	(Teams of women between the ages of 35 – 50)
Masters Men	(Teams of Men over the age of 50)
Masters Women	(Teams of Women over the age of 50)
Old Topies Tophy	(Teams members with a combined age of over 180 years)
Juniors	(Teams of girls and boys under the age of 16)

The overall technical and physical aspects of all the courses should be medium. The controls shall be combined differently for the teams, but all teams shall run the same overall course. If the terrain and the courses permit it, the lengths of the legs may be significantly different. Due to the potential maps to be used, the visibility will probably be high. Planners should utilise more controls and splits to avoid following.

If possible there should be two sets of courses both with leg winning times of 20 minutes. These would be:

Open, Veteran Teams	3,5Km to 4,0km legs
All Other categories	2,5Km to 3,0Km legs

The GOC relay event will also be used for the Gauteng Schools League Relay Event. These will also be teams of 3 and will run the same courses as the Juniors. The different categories for the teams shall be determined by the Gauteng Schools League Committee.

ANNUAL GAUTENG PRIZE GIVING

A series **prize giving** will take place at the annual awards dinner after the completion of the Colour-Coded Series. The following age categories shall be recognised: Overall (floating trophy), M/W21, M/W20, M/W16, M/W12, W35, M40, W45, M50, W55, M60, W65, M70. The following awards shall also be made: Family Award, Most Improved Orienteer, Spirit of Orienteering, and The Wally Award.

WINNING TIMES

The following winning times are recommended for Adventure Navigation Urban Series events:

Course	Sprint	Short
Men	18 – 20 minutes	25 – 30 minutes
Women / Groups	18 – 20 minutes	25 – 30 minutes
Novice	18 – 20 minutes	20 minutes

The following winning times are recommended for Middle and Long Distance events:

Course	Middle	Long	Ultra Distance
Brown	40 – 50 minutes	75 – 85 minutes	120 minutes
Blue	35 – 45 minutes	60 – 70 minutes	90 minutes
Green	30 – 40 minutes	50 – 60 minutes	55 – 65 minutes
Light Green	25 – 35 minutes	40 – 50 minutes	55 – 65 minutes
Orange	20 – 30 minutes	30 – 40 minutes	40 – 50 minutes
Yellow	15 – 25 minutes	20 – 30 minutes	30 – 40 minutes
Red (optional)	40 – 45 minutes	65 – 75 minutes	120 minutes

Event and Technical Standards

The following winning times are recommended for Championship events:

Category	Long Championships
M21A	80 – 90 minutes
M20, W21A, M40	60 – 70 minutes
W20, M21B, M50	50 – 60 minutes
M16, W21B, M60	40 – 50 minutes
W16, W35, W45	40 – 50 minutes
W55, W65, M70	35 – 45 minutes
M12, W12, SN	20 – 30 minutes
LN	40 – 50 minutes

Note: For Short / Middle Distance Championships, all winning times 25 – 30 minutes.

EVENT STANDARDS

The following standards shall be maintained in all orienteering events organised by GOC clubs and all members of these clubs:

Maps: Organisers shall ensure that the orienteering map conforms either to ISOM (International Standard for Orienteering Maps) or ISSOM (International Sprint Specification for Orienteering Maps).

Map Printing Quality: Organisers shall ensure that orienteering map printing is of a good standard. In cases where colour-laser printing is used, the organisers shall ensure that:

- o the map paper is not too glossy, making it difficult to read in sunlight.
- o paper thickness is neither too thin, nor too thick. A 120g/m² thickness is recommended.
- o the map paper does not disintegrate too quickly when wetted by sweat or water.
- o the printing does not crack or flake when the paper is folded repeatedly.
- o printing colours match ISOM and ISSOM colours. Specific attention must be paid to brown (e.g. contours) to ensure that they are not too faded, nor too red.

Map scale: The following map scales shall be used for orienteering maps:

Distance Type	Map Scale
Sprint	1:4'000 or 1:5'000
Short	1:5'000 or 1:10'000
Medium	1:10'000
Long and Ultra	1:10'000 or 1:15'000

If a map scale of 1:15'000 is used in a championship event, 1:10'000 maps should be provided for all classes W/M16 and below and W45/M50 and above.

For Medium, Long and Ultra events, the Yellow Course, Orange Course and Course 7 (in the case of Champs) can be on 1: 5'000 or 1: 7'500 scales. The main reason for this option would be to avoid a clutter of controls in a very small area on the map and therefore making it easier for the young and novice competitors to read the maps.

Event and Technical Standards

Climb ratio: The height of climb on an orienteering course in relation to its distance shall not exceed 5% (i.e. 50m of vertical climb for every 1km of course distance) except in the Mountain Marathon Championships where the climb in relation to its distance should not exceed 10%..

Water points: If the estimated winning time is more than 30 minutes, water shall be available at least every 25 minutes at the estimated speed of the winner.

Start intervals: Unless extremely large entry numbers deem otherwise, a minimum start interval between competitors on the same course shall be set as follows: Sprint and Short (1 minute), Middle and Long (3 minutes), Championships (4 minutes).

Families: Unless given specific permission by the controller, immediate family members may not start within 15 minutes of each other on the same course.

Emit timing: A manual back-up timing system shall be used by the organisers of an orienteering event in case of queries or errors within the electronic timing system. Organisers shall also provide competitors with backup labels for their emit cards.

Results: A complete and finalized set of results shall be published and distributed to the log controller within 3 days of the completion of the event.

Mappers Embargo: The mapper(s) of an area used for competitive orienteering, shall be prohibited from competing at events. This embargo shall last for 1 event for Sprints and Shorts, with the lesser of 2 events or 1 year (365 days) for longer type events.

COURSE PLANNING GUIDE

The following recommendations are made to course planners in deciding on the distance, navigational technicality and physical technicality of different courses. Distances are to be used as a guide only and will vary depending on terrain type so as to conform to expected course winning times and the event type (e.g. middle distance or long distance). Technical Aspects of the course should NOT drop for Ultra events (Long O and Mountain Marathon)

US COURSE:	DISTANCE :	NAVIGATION	PHYSICALITY:	COMPETITORS
String Course	800 m	Basic Navigation, controls are inter-visible	Easy. No steep climbs. No dense vegetation.	Young Children
Novice (optional – recommended for short distance and technical areas)	2 ~ 2,5 km	Easy. Navigate using line features, such as paths, fences, ditches and other easy features. Controls on or near junctions of line features.	Easy. No steep climbs. No dense vegetation.	Children, Beginners, Groups.
Men Women	2.5 ~ 4 km	Technical. Navigation not using line features. High intensity navigation.	Moderate. Short distance, but steep climbs and dense vegetation still to be expected.	Average to Experienced orienteers.

Event and Technical Standards

BS COURSE:	DISTANCE :	NAVIGATION	PHYSICALITY:	COMPETITORS
Yellow	2 km	Easy. Navigate using paths. Controls on path junctions and bends. More controls better.	Easy. No steep climbs. No dense vegetation.	Children, Beginners, Groups.
Orange	2 ~ 2,5 km	Easy. Navigate using line features, such as paths, fences, ditches and other easy features. Controls on or near junctions of line features. Where no line features are available, bunting can be used to get from linear feature to linear feature.	Easy. No steep climbs. No dense vegetation.	Children, Beginners, Groups.
Red (optional)	5 ~ 7 km	Easy. Navigate using paths and occasionally other line features.	Moderate. Long distances using paths and other runnable terrain.	Fit athletes who don't want to get lost.
Light Green	3 ~ 4 km	Moderate. Use of easy, very definite point features for controls sites in areas where relocation is easy.	Moderate. Areas with dense vegetation to be avoided.	Youths and inexperienced orienteers aiming at improving their navigation.
Green	3 ~ 4 km	Difficult. Controls not on line or other easy features. Route choices and intense map reading.	Moderate to hard. Extremely physical areas to be avoided.	Experienced orienteers, including the aged and some youths looking for a technical and physical challenge of short duration.
Blue	5 ~ 6 km	Difficult. Controls not on line or other easy features. Route choices and intense map reading.	Hard.	Experienced orienteers, generally fit looking for a technical and physical challenge of moderate duration.
Brown	6 ~ 8 km	Difficult. Controls not on line or other easy features. Route choices and very intense map reading.	Hard. Longest course.	Very experienced orienteers, very fit, looking for a technical and physical challenge of long duration.

Event and Technical Standards

CHAMPS CATEGORY:	DISTANCE :	NAVIGATION	PHYSICALITY:	COMPETITORS
Junior Categories	Variable	Easy to Moderate, depending on age.	Easy to Technical, depending on age.	Juniors. Navigational skills are not fully developed in younger categories.
Senior A Categories	Variable	Difficult. Controls not on line or other easy features. Route choices and very intense map reading.	Hard. Longest courses.	Very experienced orienteers, very fit, looking for a technical and physical challenge of long duration.
Senior B Categories	About 60-70% of A category	Moderate to Difficult. A mixture of easier and harder point features for controls. Route choices.	Moderate to hard. Extremely physical areas to be avoided.	Inexperienced orienteers who cannot compete successfully at 'A' level. Courses are thus shorter and easier.
Veteran Categories	Variable	Difficult. Controls not on line or other easy features. Route choices and difficult map reading.	Moderate. Whilst navigational difficulty remains high, physical difficulty decreases with age category.	Veterans. Experienced orienteers with good navigation skills who prefer physically easier courses with increasing age.
Novice Categories	2.5 ~ 4 km	Easy. Navigate using line features, such as paths, fences, ditches and other easy features. Controls on or near junctions of line features.	Easy. No steep climbs. No dense vegetation.	Children, Beginners, Groups.

End.