

INSTRUCTIONS FOR THE INDIVIDUAL CHAMPIONSHIPS (Revised Covid19)

1. **General.** The MLS Individual Orienteering Championships (known as 'the Championship' throughout this instruction) will be run as a conventional Cross-Country event. The Championships is 'pre entry only' and full event details will be promulgated on a flyer and published on the BAOC website.

2. **Purpose.** The purpose of the Championship is to:

- a. Annually establish the best male and female orienteer in the MLS.
 - b. Expose competitors to high quality orienteering maps and planning; as well as technically demanding and physically challenging orienteering.
- IOT support recruitment and develop orienteering as a military skill.

3. **Eligibility.** The Championships is open to all Regular and Reserve personnel from UK South designated units and is only open to Military competitors. To qualify for prizes, competitors MUST run on the course that matches their age category. Civilians may take part but can not win a prize.

4. **Competition Format.** Course age categories, Technical Difficulty (TD) and Length (km) are as follows: Course

Course Colour	Age Category	TD	Length (km)
A Brown	M21, M35, M40, M45	5	8-10
B Blue	W21, W35, W40, W45, M50+	5	6-8
C Light Green	MU21, WU21, W50+	4	4-6
D Long Orange	Novice Orienteering	3	4-5 5.
E Short Green	Technical Orienteering	5	3-3.5

5. **Mapping/EMIT.** The maps are to be printed at a scale of 1:10,000 on waterproof paper. Control Descriptions will be on the map and use IOF symbols, with loose Control Descriptions available in the Start box only. Maps will be issued at the Start. Runners who have finished are not allowed to show the map to competitors who have not yet run. The etag system will be used throughout the competition.

6. **Attendance.** Attendance is voluntary, there is a pre-entry requirement, but competitors are responsible for their own safety and for assessing their abilities to complete the selected course.

7. **Results/Prizes/Prize Giving.** Results will be placed on the BAOC website at www.baoc.info/ as soon as possible after the event. Prizes will be awarded as follows: Men's Open Champion will be the fastest individual male on the A Course irrespective of age class; the Women's Open Champion will be the fastest individual female on the B Course irrespective of age class. Age class prizes will be awarded in addition to these, based solely on the age class declared at Registration. The prizes will be awarded at the MLS Prize Giving event at the end of the season on the 23 Sep 2020.