

**URBAN WOC**  
(6 days, 5 races, 3 finals)

1 <sup>st</sup> day	<b>SPRINT Q – race 1</b> <b>SPRINT Q – race 2</b>	Two different terrain types and common finish if it is possible. Both qualification races count for Knock-out and Sprint final. Runners with DNF in q1 or q2 race can qualify for Knock-out Final but not for Sprint Final. <ul style="list-style-type: none"> <li>- interval start, 1 min</li> <li>- 10-12 min</li> <li>- reigning world champion and regional champions get a personal place in the qualification</li> <li>- all nations may enter 3+3</li> </ul> Special bib number: <ul style="list-style-type: none"> <li>- winner of q race 1</li> </ul>
2 <sup>nd</sup> day	Rest day 1	
3 <sup>rd</sup> day	<b>KNOCK-OUT FINAL</b>	<b>Top 30 finalists</b> are selected based on both q races. 32 runners with the highest place in (q1 or q2) race qualify for the final. Start order (groups - quarter finals) is based on sum of places (q1+q2). <ul style="list-style-type: none"> <li>- <b>five</b> quarter finals (6-7 min); 6 runners; q 3 best + 1 by time</li> <li>- <b>three</b> semi-finals (6-7 min); 6 runners; q 2 best</li> <li>- <b>final</b> (7-8 min); 6 runners</li> </ul> Special bib numbers: <ul style="list-style-type: none"> <li>- winner of q race 1 and race 2</li> <li>- the best athlete in q (overall)</li> </ul>
4 <sup>th</sup> day	Rest day 2	
5 <sup>th</sup> day	<b>SPRINT FINAL</b>	All runners with valid overall result from qualifications can start in the Final. <ul style="list-style-type: none"> <li>- interval start, 1 min</li> <li>- 15 min</li> <li>- reverse order (leader start last)</li> <li>- overall time decide the winner (summed time from Sprint q1, Sprint q2 and Sprint Final)</li> </ul> Special bib numbers: <ul style="list-style-type: none"> <li>- winner of q race 1 and race 2</li> <li>- the best athlete in q (overall)</li> </ul>
6 <sup>th</sup> day	<b>SPRINT RELAY</b>	<ul style="list-style-type: none"> <li>- men's &amp; women's separately</li> <li>- 4 legs, 2 runners</li> </ul>

## **Additional aspects**

### Sprint Qualifications

With this qualification model both q races could be more interesting and would not be used only to decide the start order for the Sprint Final and Knock-out Final. Both q races count as a qualification method; for Knock-out Final **and** overall time count for Sprint Final.

- Qualifications are run as a single race without qualification heats.
- One course for all; better usage of terrain for both qualification races.
- Two different terrain types and common finish if it is possible.
- Start order for q1 race based on WRanking. Start order for q2 race based on results from q1 race.

### Knock-out Final

Qualification method for TOP 30 is more interesting because all runners have two chances to make a good result. If we would have in both qualification races different runners at TOP 15 places then both 16th placed runners are out of the final.

Start order (groups) in the quarter finals - e.g. someone score 1st place and 10th place in qualifications, so he has score of 11. Someone score 1st place and DNF (e.g. last 50th place) and he has score of 51. This could give us a chance to have even more interesting quarter finals.

- With splitting qualifications and final on different days we could have more runners in quarter finals and more interesting Final. Elimination rules could give us better duels already in quarter finals.
- Qualification rule for semi-finals and final is very hard so best runners would have very small chances for tactical run.
- More runners would have a chance to qualify and get some media attention.
- Better usage of time frame. It would be possible to combine with spectators knock out Final.

### Sprint Final

- More chances for weaker runners if the best runners make a mistake in qualifications.
- More pressure on TOP runners because overall time decide the Winner.
- Winner is a true SPRINT champion. Overall time based on 3 runs on a three different terrain types (urban, park, mix).

### Overall

- All runners would be able to run at least 2 or 3 races (Sprint q1+q2+Sprint final) and in most cases most of them 4 races (+Sprint Relay).
- Weaker runners from all teams have a chance to run at **least 1 individual Final**.
- Most requested number of runners in a team: 3+3; in case of injury it is still possible for a team to run Sprint Relay.
- Approx. number of expected runners: 210 = 120 (M) + 90 (W).
- Prize money awards for 18 best runners (Knock-out semi-finals and finals, Sprint Final) and for best 6 teams (Sprint Relay).

## TIME SCHEDULES

<p><b>SPRINT QUALIFICATIONS</b></p>	<p>approx. 210 runners: 120 (M) + 90 (W)</p> <p>Q race 1</p> <ul style="list-style-type: none"> <li>- common start</li> <li>- interval, 1 min (M) with delay of ½ min (W)</li> </ul> <p>Q race 2</p> <ul style="list-style-type: none"> <li>- common start <b>beside 20 best</b></li> <li>- interval, 1 min (M) with delay of ½ min (W)</li> </ul> <p>BREAK</p> <ul style="list-style-type: none"> <li>- presentation of 20 best runners (W)</li> <li>- consecutive start (W)</li> <li>- presentation of 20 best runners (M)</li> <li>- consecutive start (M)</li> </ul> <p>Stage winners ceremony Qualifications winners ceremony</p> <ul style="list-style-type: none"> <li>- Winner's T shirts</li> </ul> <p><b>Official WOC Opening</b></p>	<p>Time span</p> <p>approx. 225 min 9-13h</p> <p>approx. 360 min 14-20h</p> <p>14-17h</p> <p>17-18h</p> <p>18-18:10h 18:15-18:45h</p> <p>18:45-18:55h 19-19:30h</p> <p>19:30-20:00h</p> <p>20:00h</p>
<p><b>KNOCK-OUT FINAL</b></p>	<p>60 runners (M+W)</p> <p>Opening Video presentation (edited clip) of 6 best runners – <b>favorites (profile)</b></p> <ul style="list-style-type: none"> <li>- consecutive start (M+W)</li> <li>- presentation of each runner in a start box</li> </ul> <p>- <b>five</b> quarter finals</p> <p><b>TV broadcast start</b></p> <ul style="list-style-type: none"> <li>- <b>three</b> semifinals</li> </ul> <p>Video presentation (edited clip) of 6 finalists - <b>path to the final</b></p> <ul style="list-style-type: none"> <li>- <b>final</b></li> </ul> <p>Prize giving ceremony</p>	<p>approx. 180 min</p> <p>16h 5 min</p> <p>16:10-18:00h</p> <p><b>18:00h</b></p> <p>18:10-19:00h</p> <p>5 min</p> <p>19:05-19:25h</p> <p>19:30-20h</p>

<p><b>SPRINT FINAL</b></p>	<p>approx. 210 runners: 120 (M) + 90 (W)</p> <ul style="list-style-type: none"> <li>- common start <b>beside 30 best</b></li> <li>- interval, 1 min (M) with delay of ½ min (W)</li> </ul> <p>BREAK</p> <p><b>TV broadcast start</b></p> <p>Opening <b>FINAL of 30 best athletes</b></p> <ul style="list-style-type: none"> <li>- presentation of 10 best runners on stage (W)</li> <li>- consecutive start (W)</li> <li>- presentation of 10 best runners on stage (M)</li> <li>- consecutive start (M)</li> </ul> <p>Prize giving ceremony</p>	<p>approx. 380 min</p> <p>13-16h</p> <p>16-17h</p> <p><b>17h</b></p> <p>17:00-17:10h</p> <p>17:10-18:00h</p> <p>18:00-18:10h</p> <p>18:10-19:00h</p> <p>19:00-19:30h</p>
<p><b>SPRINT RELAY</b></p>	<p>approx. 25-30 teams</p> <p><b>TV broadcast start</b></p> <p>Opening</p> <ul style="list-style-type: none"> <li>- presentation of all teams on stage (W)</li> <li>- consecutive start (W)</li> </ul> <p>BREAK</p> <ul style="list-style-type: none"> <li>- presentation of all teams on stage (M)</li> <li>- consecutive start (M)</li> </ul> <p>Prize giving ceremony</p> <p>Closing</p>	<p>approx. 150 min</p> <p><b>13h</b></p> <p>13:05-13:15h</p> <p>13:15-14:00h</p> <p>14-14:30h</p> <p>14:30-14:40h</p> <p>14:40-15:25h</p> <p>15:30-16:00h</p> <p>16:00-16:30h</p>

## **Organization**

To organize Urban WOC (with many restrictions in the cities) and with all media requirements will lead to a very stressful organization. If media and sponsors are interested than Urban WOC is possible. Spectators' interest in less developed countries should be taken into account.

## **Finance and sponsorships**

All Urban WOCs should be self funded and be able to cover all pre required costs. These must include IOF fee (or profit share), organization and money awards for best athletes. In the future also small profit share for all Federations taking part at WOC instead of raising IOF fee for organizer.

IOF was not able to do this task in the past but if we want to build a professional sport show we must finance the sport and development somehow.

**Ability to sell Sprint WOC to multinational companies and TV rights to TV broadcast companies should be main IOF task.** With no results, IOF should not be entitled to raise IOF fee for organizer or make other financial restrictions on the field of sponsorships and marketing. Participating countries should be entitled to get partly refunded their costs from overall sponsor's budget if organizer can raise more money than was proposed budget to cover whole organization of the event.

- Rules and conditions should be clear for all parties (IOF, organizer, participating countries).
- What are the minimum conditions to host Urban WOC (budget, media, human resources, security, ...?)

## **Marketing**

PWT know-how should be used in preparation of Urban WOC Rules and especially for Urban WOC Guidelines. Urban WOC should be an Elite sport show with professional media production. All things should be planned in detail with the goal/interest to raise orienteering as a TV sport and to produce a sport stars.

- All races should be split on two parts: common and most interesting part for TV to maximize sport show for athletes, spectators, TV viewers, sponsors, ...
- Find out the best solutions to put breaks into the race to have sponsors blocks (Video Wall, TV)?

## **Media requirements**

Whole media plan should be analyzed and clear for athletes and organizers.

- All races must have Video wall.
- All races must be broadcasted via internet (live - results, audio, gps).
- Live broadcast - at least two Finals.
- Pre-produced material
  - o access to video material from previous WOCs
  - o interviews and short statements with the best athletes
  - o runner's profile, inserts from their career highlights/trainings, ...
  - o tourist video postcard of the host city
  - o video postcard of orienteering sport and next forest WOC
- Best athletes should be presented on all races in many different ways: race (on stage, in start box, in finish, leader podium), prize giving ceremony – to produce a sport stars.
- Media conference (15') with 3 best athlete after each Final.

## Spectators

- Is it possible to have spectator events? Maybe, prolonged sprint on qualification maps (1<sup>st</sup> rest day) and spectator's knock out final (2<sup>nd</sup> rest day) so spectators, local people could try orienteering by themselves.

## LESS DEVELOPED COUNTRIES – VIEWS ON DIFFERENT ASPECTS OF PROPOSED QUALIFICATION MODEL AND OVERALL URBAN WOC?

Reasons which should be also taken into account when designing the Urban WOC programme.

### Status of orienteering

Differences between big and small o-nations are very big (finance, status of orienteering, media interest, technical level of competitions, organizational support from clubs/federation, etc). All this influences on youth population and their interest to join, train and compete in orienteering. Most talented youngsters (especially runners) have a chance to be directed into other sports (track and field, triathlon, XC skiing, etc) already at their 10-14 years. Orienteering is not very well known and selection process can't be done in the same way. New recruits came mostly from (family circle, friends, scouts and mountaineering groups, trail runners or people with interest in geography, geology, nature, etc). Most of them compete in orienteering because of "technical aspects" of the sport or because this is "the best sport" to combine recreational sport activity with their personal or professional interest in the nature. Only few of them develop competitive mentality and have interest to train hard. Elite clubs don't exist in less developed countries. Athletes train mostly alone or in small groups. Also special high speed and endurance trainings becomes important later in most cases when runner decide to have interest to compete also on international level.

Sport by itself can't generate big income because of recreational status of the sport and federation/clubs are not able to finance the whole development period of promising athletes. Thus Elite sport and international competitions are not always the most desirable goal for federation or main focus for the athlete. Federations can finance only a few of them or minor part of their costs if they decide to train and compete on international level.

**IOF should make a research** within IOF members to find out what kind of differences are among members and what could be done with common approaches. To collect main information about how federations finance competition sport through competition system and local/regional funds or governmental/national Olympic committee funds.

### Participation costs for athletes

With NORD Urban WOC qualification model runners from small and less developed nations have only participation role. Two q races and Sprint relay is the possible outcome. **With no individual Final for all, I think we shouldn't expect from these countries to have big interest for Urban WOC.** Travel & accommodation costs are too high to compensate this with only two q races and Sprint relay and without to experience at least one Final race. Also individual result based on qualification run is not the same as result based on Final run with overall result based on 3 different races.

Because many athletes can't afford to participate at many international events they carefully choose events if they must pay from their own pocket. Also World champion title cannot guarantee them to get refunded their costs because of low status of the sport. If media, government, Olympic committee don't award their performances then this could become very costly for them.

#### Forest vs. Urban WOC

It is hard to see that Urban WOC could give **new learning experiences on new terrain types** and in most cases previous training experiences on relevant terrains will not be so important to succeed on TOP level. But idea by itself is very good because focus will shift towards speed which could raise the possibility for new generation to succeed and gain better places also in traditional disciplines at Forrest WOC. Most of the federations have adjusted (reduced) criteria for World championship. For Urban WOC this could be different because speed counts more. Regional "forest" WOCs could have very big priority over Urban WOC.

#### Speed vs. Endurance

Technical aspects of urban races are lower and speed is more important. For athletes from less developed nations **Middle/Long race** is still the best discipline to qualify into Final. Many athletes who have lack of physical preparation can replace this shortage with superb technical performance but in sprints this is almost impossible. So competing at Urban WOC has no sense for many orienteers. For older senior orienteer (25-35years) is much easier to develop suitable endurance capacity than speed.

As it was stated many young people join orienteering late and start training a few years later than in NORD countries. So this is one reason why they have lack of speed and fewer chances to be good at Urban WOC at their 20-25 years. Urban WOC is suitable more for young senior athletes. On the other hand this is a very good chance to promote orienteering among young athletes as sprint is less technical discipline. Also running surface (asphalt, paved area, ...) is one of the reason why some athletes might have interest to try orienteering and Urban WOC.

With today status of orienteering in many less developed countries I suppose that Federation's criteria to send someone to Urban WOC would be even higher. The same is happening at World cup sprint races. How many TOP older seniors (25-35years) are competitive and have desire to run only sprints? Can we count to see young athletes from new countries, e.g. Jamaica, etc?

#### Qualifications and Final

Athletes from less developed nations have in today forest WOC programme more chances to qualify into Final in **Middle/Long** than in **Sprint**. It is true that technical aspect is easier on Sprint races but it is easier for all. Also TOP athletes make less mistakes and loose less time so to qualify into Sprint Final high speed is the most important factor. Competition field is now already very strong and times are much closer to each other at sprint races than at forest races base on last 10 years results (see table at the end). **On sprint races is less room for non-Elite runners.**

Sprint races are intent to be media friendly competitions and NORD proposal favour only TOP athletes. This is good when you have wider pool of

professional runners like in other sports but in orienteering WOC programme shouldn't be tailored only for them because otherwise we will lose interest from other athletes. In proposed NORD qualification model especially athletes from new countries might have less interest as it is expected.

And without **obligatory!** prize money awards it is hard to understand that programme should be organized to suit only to TOP Elite athletes. Many TOP athletes don't have status of professional sportsman and that is why we must find a middle path to raise the sport in the media and keep participation interest from many nations.

Suggested programme tries to minimize these side effects and also gives TOP athletes a chance to be presented as a true Elite sportsman.

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## Time span of "R" runners on International races

Athletes from less developed nations have in today forest WOC programme more chances to qualify into Final in **Middle/Long** than in **Sprint**. With analysis of all international races in last 11 years this is evident. Calculation was done for races which count for WRE. Quotients were calculated **as difference between Winner's time - two standard deviation time**.

This is one reason why federations might have higher criteria to send someone to Urban WOC. Urban WOC idea is based on assumption that sprint is the best discipline for athletes from new countries. To raise the orienteering status in media Urban WOC should be organized more professional than forest WOC (prize money awards). Athletes must have a chance to finance their sport career also with prize money awards as this is one important condition how ordinary viewers perceive the status of the sport. Also need a chance to get partly refunded their costs from overall organizer sponsor's budget. Urban WOC aim must be professional sport competition.

### MEN

#### TIME BORDER (R Runners): Winner+2 standard deviations

IOF EVENTS (World Orienteering championships Q+F, World cup events A/B Finals, Regional championships F, World Games)

Race	2000	2001	2002	2003	2004	2005	2006	2007	2008	2009	2010	2011	2001-2011
<b>ALL races = Avg. % time behind winner + 2SDs</b>		1,41	1,30	1,38	1,35	1,36	1,37	1,33	1,34	1,33	1,37	1,40	1,36
<b>SPRINT races = Avg. % time behind winner + 2SDs</b>		1,25	1,19	1,28	1,26	1,34	1,30	1,26	1,26	1,25	1,29	1,30	1,27
<b>MIDDLE races = Avg. % time behind winner + 2SDs</b>		1,43	1,34	1,41	1,40	1,35	1,41	1,39	1,40	1,37	1,40	1,46	1,40
<b>LONG races = Avg. % time behind winner + 2SDs</b>		1,42	1,32	1,38	1,37	1,38	1,40	1,35	1,36	1,39	1,41	1,47	1,39
<b>WOC races = Avg. % time behind winner + 2SDs</b>		1,41		1,38	1,37	1,37	1,38	1,37	1,33	1,35	1,39	1,42	1,38
<b>WC+WG races = Avg. % time behind winner + 2SDs</b>		1,39	1,29		1,29	1,33	1,31	1,28	1,31	1,28	1,31	1,30	1,31
<b>RC (Europe) = Avg. % time behind winner + 2SDs</b>			1,32		1,29		1,27		1,33		1,33		1,31
<b>RC (Oceania) = Avg. % time behind winner + 2SDs</b>						1,53		1,38		1,38		1,50	1,45
<b>RC (North America) = Avg. % time behind winner + 2SDs</b>			1,47				1,40				1,37		1,41
<b>RC (Asia) = Avg. % time behind winner + 2SDs</b>			1,33		1,48		1,41		1,43		1,47		1,42
<b>RC (South America) = Avg. % time behind winner + 2SDs</b>											1,35	1,43	1,39
<b>RC (Africa) = Avg. % time behind winner + 2SDs</b>													

### Conclusions:

- 11 years avg. time behind on Sprint races is very low (quotient 1:1,27).
- Differences in 11 years period are larger on middle/long races than on Sprint races (less technical terrains and variation in terrain types).
- WG and WCup races (quotient 1:1,31) are more competitive than WOC races (quotient 1:1,38) - also because of less participating nations than on WOC .
- EOC and WCup races are very strong races (quotient 1:1,31).
- Comparison of ROCs by regions is not appropriate because not all ROC races count for WRE! The differences are expected.