



MELBOURNE SPRINT WEEKEND

KNOCK-OUT SPRINT – MON 9 MARCH

MORE DETAILS



Be sure to stay for the Monday races of Melbourne Sprint Weekend which will feature the brand new Knock-out sprint format and two of Melbourne's best sprint maps! With these events not counting for the National Orienteering League, it allows us to assemble a sprint course setting dream team! All courses will be planned by World Sprint Champs medallist Frédéric Tranchand and Oceania Sprint Champ Brodie Nankervis (course setter for the ground-breaking addition to MSW 2018 - head to head race).

While the knock-out sprint format will be used for elite classes there will also be normal length sprint courses for non-elite classes and both the knock-out and normal races will be set by Frédo and Brodie.

Runners in non-elite classes over the weekend are welcome to join in the knock-out competition – see below.

We're also planning the courses to maximise spectating opportunities and show off this fantastic new format of the sport. If you'd like to get a taste of the excitement of a knockout sprint, why not check out [this video](#) from when the format was tested at Park World Tour in Italy! Also [this video](#) from the 2019 World Cup round in Switzerland.

There's lots more info about the knock-out sprint format on the IOF website [here](#), including a link to the 22-page document *Sprint WOC Knock-Out Sprint Format Description*.

How to enter

Everyone who enters MSW 5 and MSW 6 in elite classes will automatically be entered in the knock-out sprint competition. 21E and 20E runners compete together. There are separate competitions for men and women.

21 Feb 2020

Non-elites are also welcome to enter the knock-out competition. If you are entering all six races, email the organisers asking to be started in the knock-out sprint for MSW 5. If you are entering separate races, enter 21E for MSW 5 and your normal class for MSW 6.

Everyone, elite and non-elite, who enters MSW 6, will be given a pre-assigned start time in their normal class. This will be used if they are knocked out in either of the morning races at MSW 5. Orienteers who qualify for the afternoon rounds of the knock-out competition will simply “DNS” at their MSW 6 start time.

Knock-out details

The Knock-out Sprint will follow the standard IOF format as closely as possible. There will be four races in one day comprising: Qualification, quarter-final, semi-final and final

All the knock-out rounds, including the final, will have winning times of approximately 8 minutes.

In the knock-out rounds the various recommended methods of splitting will be used. These include butterfly loops, phi-loops and map choice. In the latter version, at the pre-start, athletes will be given 20 seconds to choose which of 3 possible variations in the course they wish to run. No athlete will know which option has been chosen by any other athlete.

VU St Albans

Qualification race

Start times 9.30 – 9.45 am

3 starters per minute in 3 different heats for both men and women – i.e. six starters per minute

Estimated winning times – 10 minutes

The top 36 men and top 36 women go through to the quarterfinal.

Non qualifiers sit out the rest of the morning but run in an MSW 6 individual race in the afternoon.

MSW 5 individual races in non-elite classes start from 9.50 – 10.40 am

Quarterfinal

Start times 10.45 – 11.30 am

Groups start at 4 minute intervals, 6 competitors per group, 6 women groups followed by 6 men groups.

Competitors assigned to groups based on qualification heat positions in accordance with IOF guidelines.

The top 3 competitors in each group go through to the semi-final in the afternoon (18 go through and 18 are knocked out).

Knocked out competitors run MSW 6 in their normal class in the afternoon

Penola College

Semi-final

Start times 2.25 – 2.50 pm

Groups start at 5 minute intervals, 6 competitors per group, 3 women groups followed by 3 men groups.

Competitors assigned to groups based on quarterfinal positions in accordance with IOF guidelines.

The top 2 competitors in each group go through to the A final

MSW 5 individual races start from 3.00 – 3.50pm

B and C Finals

Start times 3.45 – 4.00pm

Unlike in the official IOF format, all runners who make the semi-final will run a final. There will be a B final for the 3rd and 4th placegetters in each semi-final group and a C final for the last two in each group. This way all competitors who qualified for the semi-final will get two races in the afternoon. B and C finals start at 5 minute intervals, 6 competitors per group, women C and B followed by men C and B

A Final

Start times 4.10pm Women, 4.20pm Men

Presentations 4.30pm

MSW overall competition scoring

Results in the MSW overall competition are calculated from each competitor's best 5 results. A points system is used with 100 points for 1st place in race, 99 for 2nd etc.

Non-elites who enter the knock-out competition will not gain points in their class in MSW 5. However, if they are knocked out in the qualifying round or quarterfinals they can run in their normal class at MSW 6 and hence still potentially score points in 5 races. Even if they make the knock-out semi-final they can choose to drop out of that and run their normal class at MSW 6 if the overall competition is more important to them.

At MSW 5, elites' points for the overall MSW competition will be determined by their qualifying heats times.

At MSW 6, elites' points for the overall competition will be based on their placings in the A, B and C finals. Competitors who did not qualify for the semi-final will be ranked after the finalists based on their individual results in MSW 6.

Spectating

The competition areas at each venue are Out Of Bounds until after the completion of the MSW races. It will not be possible to spectate on the semi-final courses, except from the arena, if you are running in MSW 6.

After your MSW run you are welcome to spectate anywhere on the courses for the knockout quarterfinals at VU St Albans and the knock-out finals at Penola College.

We encourage you to watch the Finals races while the organisers determine the overall MSW results and prepare the presentations.