

NOC-OUT SPRINT

Saturday 25th April 2020 – Nottingham

This event is being planned to give those aspiring to be in the GB team a chance to practice and prepare new race strategies ahead of the World Sprint Orienteering Championships in Denmark. The race is, however, open to anyone over the age of 16 who wishes to run and experience this exciting new format.

To get a flavour of what lies in store, watch the KO Sprint from the World Cup in Switzerland [here](#).

Competition format

Qualifier → Quarter Final → Semi Final → Final

A custom format is being employed whereby promotion/relegation and the Strain Sprint Scoring System (S^4) will replace 'true knock-out', giving everyone who enters a run in all four rounds, while ensuring full-gas racing is required to hold a spot at the top end – a full description will follow in final details.

The competition will also be using the Runners Choice splitting method, to give runners a chance to experience this new form of gaffling and practise tactics.

There will be 2 race categories:

1. Men Open
2. Women & Veteran Men*

*the exact split on which men's classes join the women will be confirmed in the final details.

Competition schedule

- The first start of the qualifiers will be 10:00am, with a 20-minute walk from race HQ to the start.
- Prizegiving and the conclusion of racing is expected to be around 4:00pm.

Punching

The event will be using SIAC touch free punching. Non SIAC cards can be used but SIAC cards will be available for hire when entering.

Entry

- Event entry is via Fabian4, which must be completed by midnight on Tuesday 14th April. There will be no entry on the day.
- Adults: £10, Students and Juniors: £6
- Due to the nature of crossing roads during competition, this event is only open to runners aged 16 or over. No exceptions.