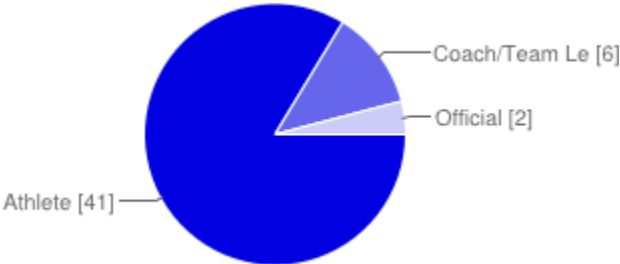


Feedback from first Sprint Relay, World Cup 2014, Round 1 in Turkey

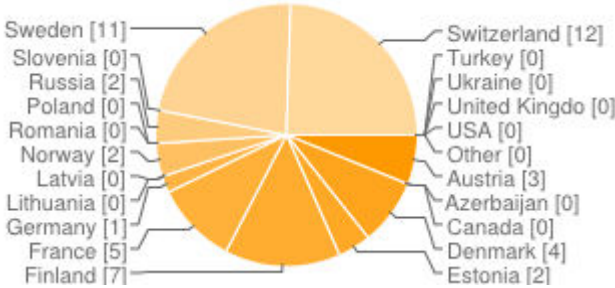
1. Summary

Total number of starters: 139 runners
 → About 30 % of all participants have filled in the form

Athletes	41	84 %
Coach/Team Leader	6	12 %
Official	2	4 %



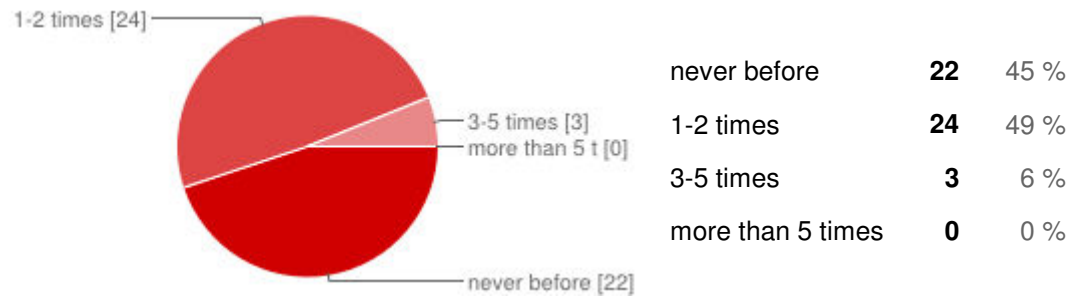
Most of the answers came from Switzerland and Sweden (nearly 50%)



Comment: Thank you for giving feedback. There will be another chance to help developing this very new format after Sprint Relay in Finland. We hope to see much more opinions coming from as many different countries as possible.

2. Sprint Relay (general part)

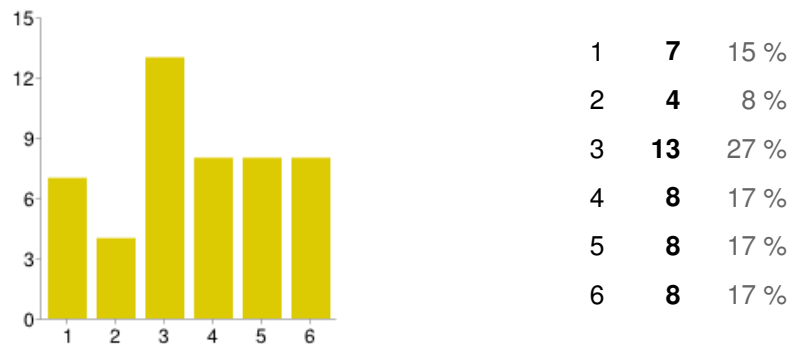
How many times have you been running a sprint relay before on competition level?



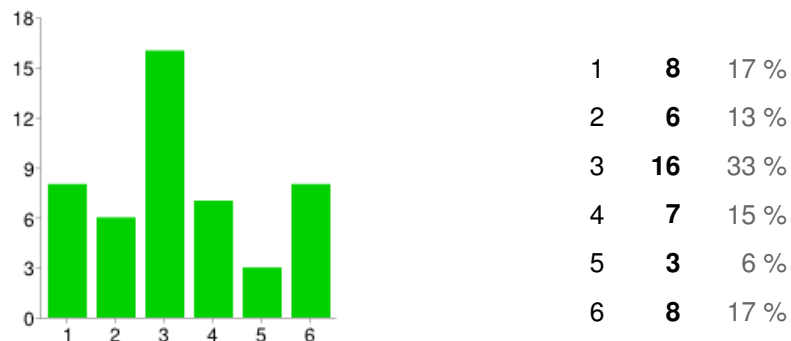
Most of the runners have very limited experience from running this new format.

Explanation for the following questions: 1: I fully agree ... 6: I strongly disagree

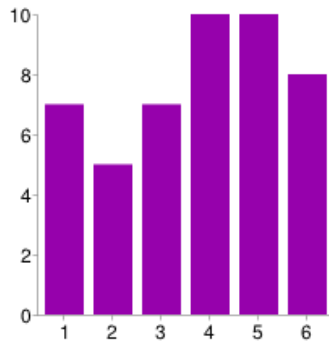
The format is excellent for developing orienteering as a sport.



It is really interesting and attractive discipline to me.

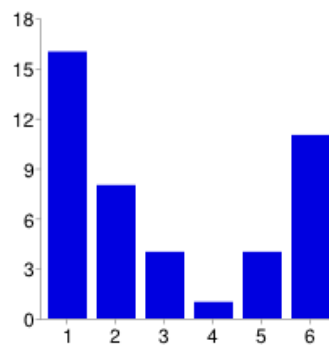


I could imagine putting special effort into my personal training to develop my skills for the sprint relay.



1	7	15 %
2	5	11 %
3	7	15 %
4	10	21 %
5	10	21 %
6	8	17 %

It is my goal to run sprint relay at WOC in Italy.



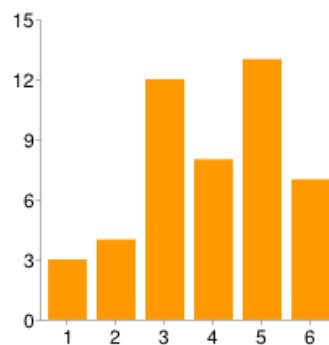
1	16	36 %
2	8	18 %
3	4	9 %
4	1	2 %
5	4	9 %
6	11	25 %

Summary, Comments from runners:

It's clearly visible that the sprint relay is new format which hasn't been tested very often. Runners do not have a common opinion about its attractiveness and whether they really want to go for it. Nevertheless the answers weren't too negative. It looks like most are focused on improving the details in the format.

One concern was that the new format will show a lot of following and therefore give a strange impression to non-orienteers.

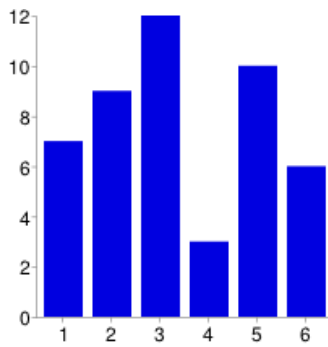
The running order woman-man-man-woman is the best possible order.



1	3	6 %
2	4	9 %
3	12	26 %
4	8	17 %
5	13	28 %
6	7	15 %

There are a lot of other suggestions. Strongest view was that running order should be changed from year to year.

The forking system used was fair and well suitable for this competition.

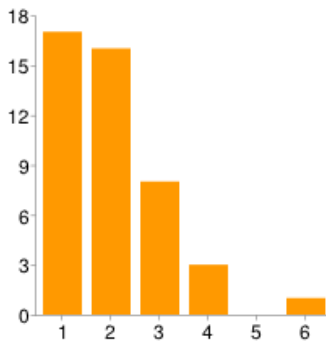


1	7	15 %
2	9	19 %
3	12	26 %
4	3	6 %
5	10	21 %
6	6	13 %

The forking used was really fair but not suitable for spreading the runners.

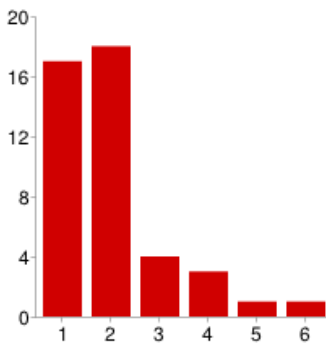
In easier parts the controls shouldn't be too close to each other so different optimal route-choices will occur. Following can lead to time loss of around 5-15 seconds. On the other hand, in more tricky areas close forking asks for more careful map-reading.

The course setting didn't lead to unfair situations.



1	17	38 %
2	16	36 %
3	8	18 %
4	3	7 %
5	0	0 %
6	1	2 %

There were no problematic controls and elements during the race.

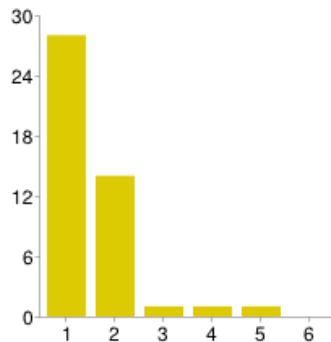


1	17	39 %
2	18	41 %
3	4	9 %
4	3	7 %
5	1	2 %
6	1	2 %

There were no narrow streets. Control placing was fair with enough space to pass controls on both sides (ca. 75 cm from nearest object). The forking was only between women-women respectively men-men.

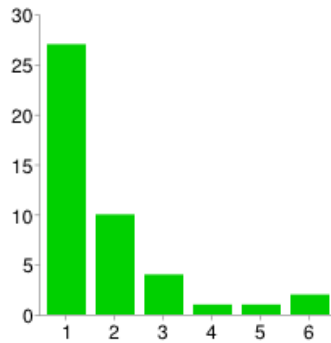
3. Touch-free punching system

The punching system used was fair.



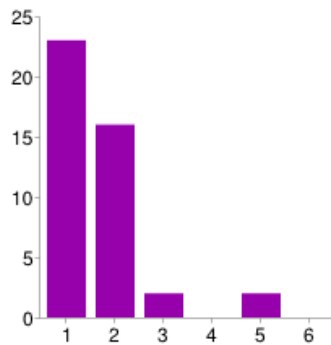
1	28	62 %
2	14	31 %
3	1	2 %
4	1	2 %
5	1	2 %
6	0	0 %

Touch-free punching is better for sprint relay than ordinary electronic punching systems.



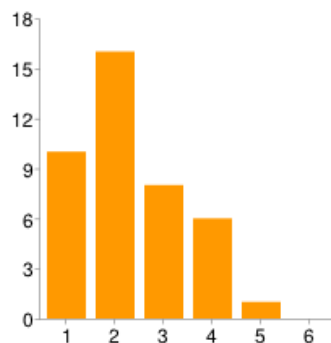
1	27	60 %
2	10	22 %
3	4	9 %
4	1	2 %
5	1	2 %
6	2	4 %

The distance from the control where you can get a punch is right.



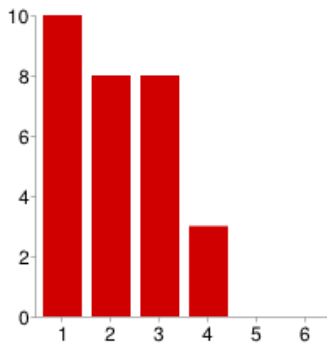
1	23	53 %
2	16	37 %
3	2	5 %
4	0	0 %
5	2	5 %
6	0	0 %

It was possible to punch at full speed.



1	10	24 %
2	16	39 %
3	8	20 %
4	6	15 %
5	1	2 %
6	0	0 %

It was possible to punch when many other runners were at the control simultaneously.

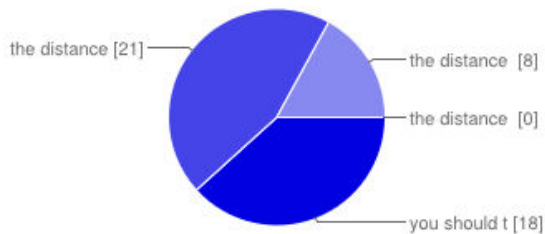


1	10	34 %
2	8	28 %
3	8	28 %
4	3	10 %
5	0	0 %
6	0	0 %

The touch-free punching system seems to work fine for sprint relay. So far the runners have not practiced the new system very often and they might still feel a bit unsure. Experience will help to optimize the technique. As you can see on the next diagram the distance you can get a punch should be kept very small. This would also reduce possible benefit from taking bigger risks when punching.

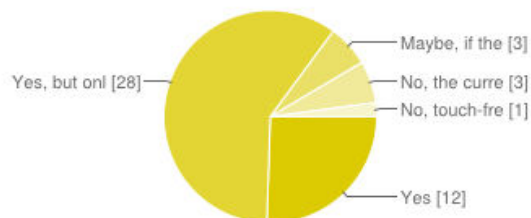
Control numbers must be very visible.

If you could define the reaching distance of the system:



you should touch the control	18	38 %
the distance should be less than 30 cm	21	45 %
the distance should be between 30 cm and 100 cm	8	17 %
the distance should be more than 100 cm	0	0 %

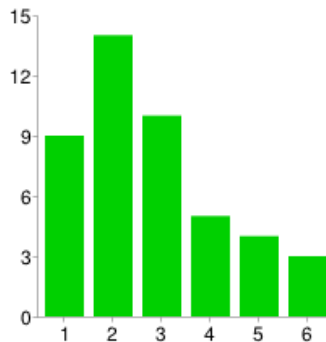
Should touch-free punching be used at WOC?



Yes	12	26 %
Yes, but only for sprint relay	28	60 %
Maybe, if there is adjustments	3	6 %
No, the current system is better	3	6 %
No, touch-free punching is unsuitable	1	2 %

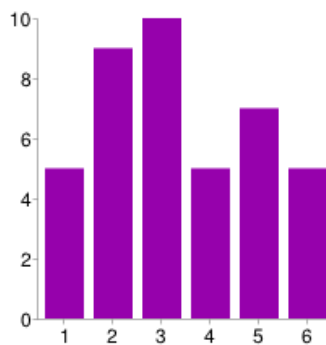
4. Attractiveness of sprint relay

The sprint relay is interesting to follow as a spectator.



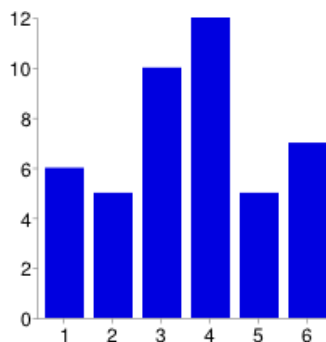
1	9	20 %
2	14	31 %
3	10	22 %
4	5	11 %
5	4	9 %
6	3	7 %

The sprint relay is easy to understand as a non-orienteer.



1	5	12 %
2	9	22 %
3	10	24 %
4	5	12 %
5	7	17 %
6	5	12 %

The new competition format could help to develop our sport.



1	6	13 %
2	5	11 %
3	10	22 %
4	12	27 %
5	5	11 %
6	7	15 %

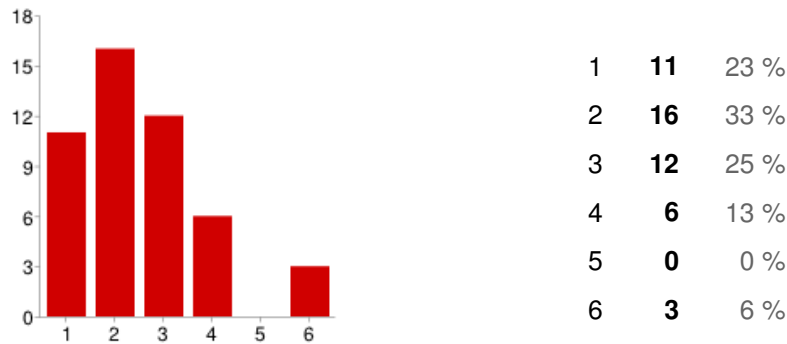
There is some scepticism. But also many suggestions to make it more interesting:

- *Spectator controls e.g. in a small park which is visible from Arena would be better than arena passage (where you can only see running)*
- *The overall winning time should be shorter*
- *Orienteering should be shown – not running*
- *Increase quality of TV productions and keep orienteering as it is*
- *There should be no sprint relay without proper internet coverage (as a minimum live speaker)*

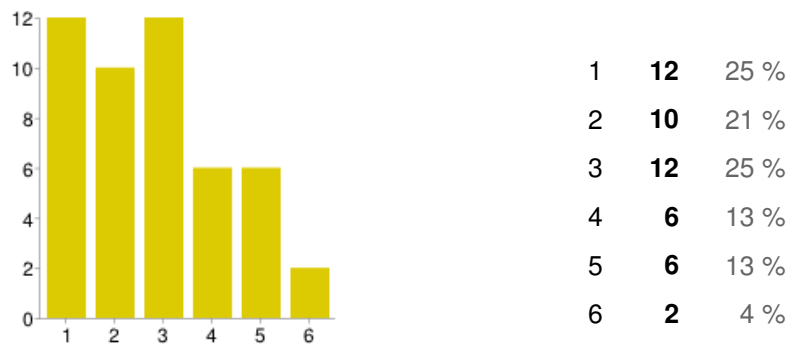
“Good first experience, but some improvements are needed to make it great.”

5. Feedback to World Cup in Turkey – sprint relay

All the necessary information was given in time.

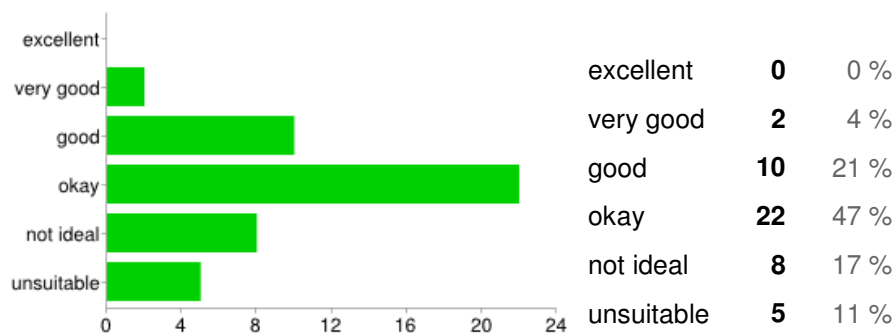


Before the competition I knew exactly how everything would work.

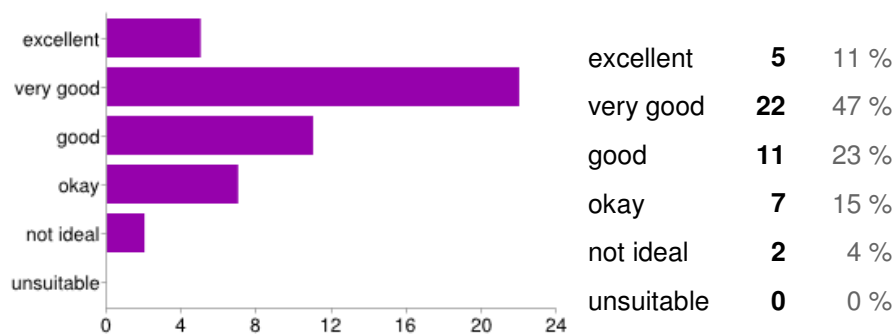


There was some confusion before the mass start.

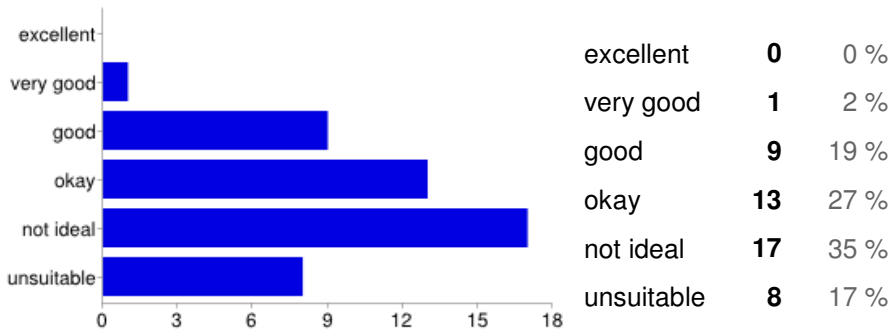
How was the terrain (suitable, interesting, challenging etc.)?



How was the map (quality, readability etc.)?

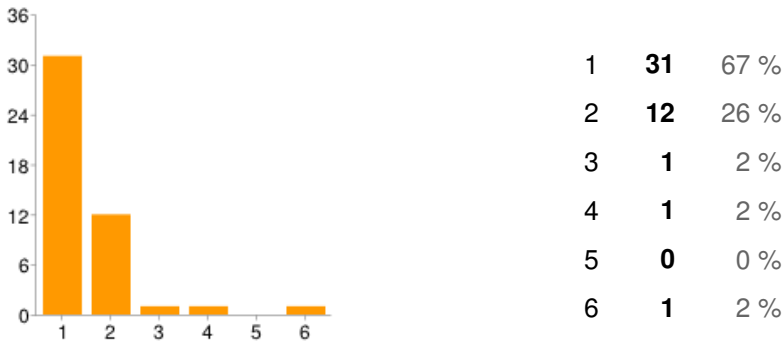


How was the course (interesting, challenging, appropriate for discipline etc.)?



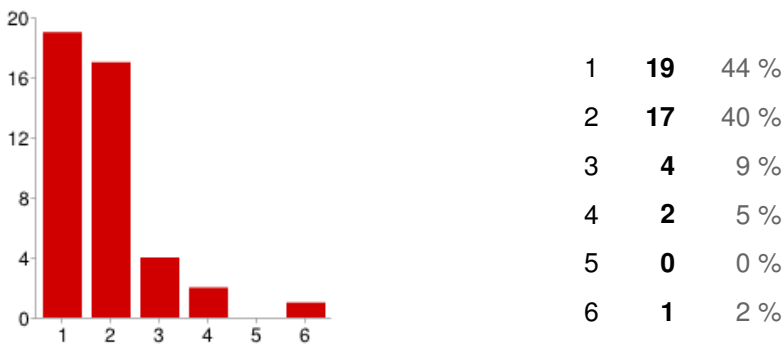
The course (sprint relay) was too easy. Forking wasn't that effective and there weren't too many route-choices.

The printing quality of the map was good.

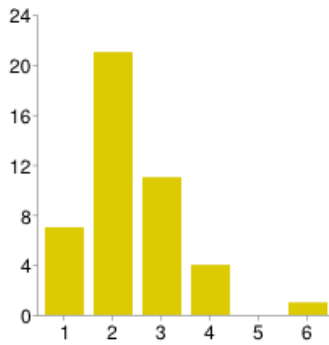


Printing quality was really good.

The maps could be read well while running.



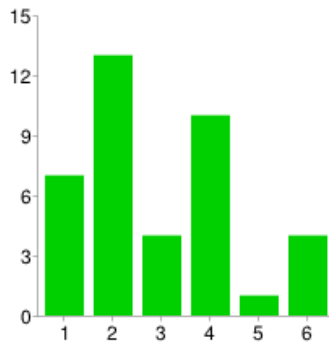
It was clear on the map where you could pass and where not.



1	7	16 %
2	21	48 %
3	11	25 %
4	4	9 %
5	0	0 %
6	1	2 %

Sometimes the terrain looks exactly same in terrain but is forbidden to pass in some places. In such situations forbidden areas should be taped (e.g. grassland).

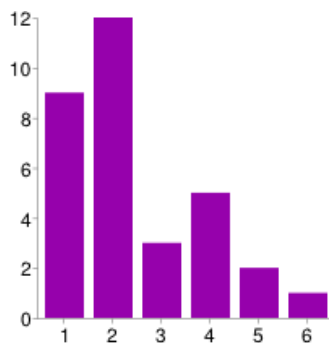
Overprinting didn't cover any important features.



1	7	18 %
2	13	33 %
3	4	10 %
4	10	26 %
5	1	3 %
6	4	10 %

It is really demanding that there is no overprinting like passages etc. In woman's course between control 9 and 10 there was a small problem with the fence (depending on forking).

It was possible to read and understand the control description during the race.

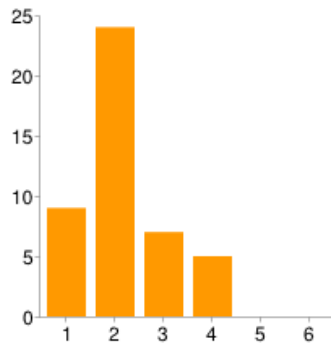


1	9	28 %
2	12	38 %
3	3	9 %
4	5	16 %
5	2	6 %
6	1	3 %

It was very helpful to have control codes printed just beside circles. Sprint relay is hectic and to unfold the map isn't easy when other runners are around.

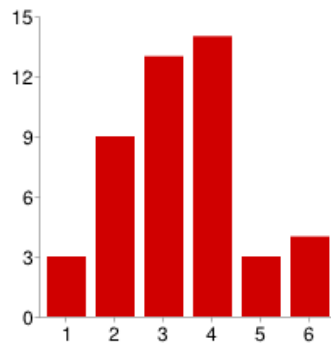
6. General feedback to World Cup in Turkey

The World Cup Round 1 in Turkey was generally well organized.



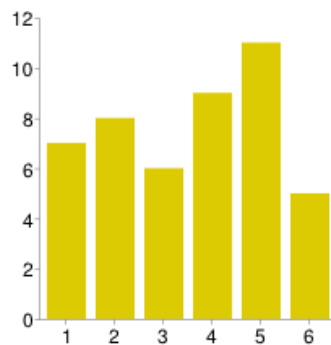
1	9	20 %
2	24	53 %
3	7	16 %
4	5	11 %
5	0	0 %
6	0	0 %

It is nice to have World Cup Rounds at that time of the season.



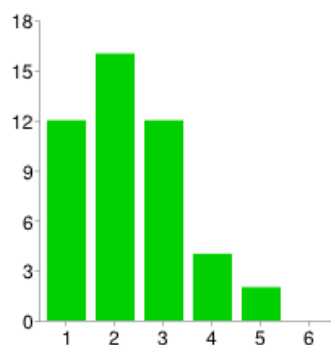
1	3	7 %
2	9	20 %
3	13	28 %
4	14	30 %
5	3	7 %
6	4	9 %

The number of competitions held was enough.



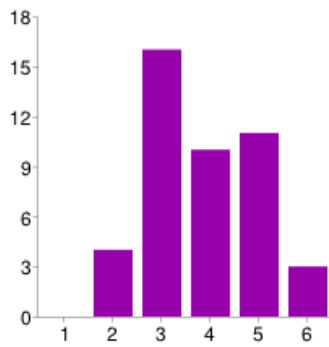
1	7	15 %
2	8	17 %
3	6	13 %
4	9	20 %
5	11	24 %
6	5	11 %

The programme was well-balanced and the order of the competitions was fine.



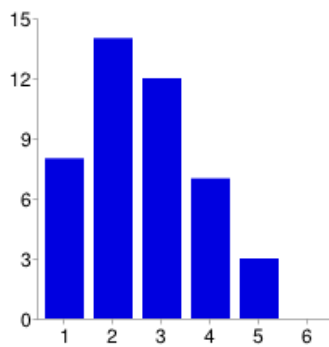
1	12	26 %
2	16	35 %
3	12	26 %
4	4	9 %
5	2	4 %
6	0	0 %

The terrains chosen were interesting to run in.



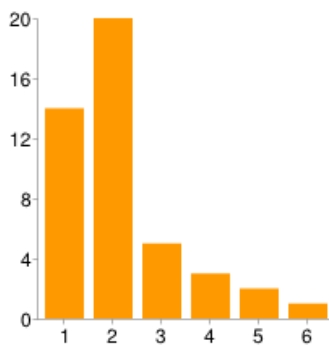
1	0	0 %
2	4	9 %
3	16	36 %
4	10	23 %
5	11	25 %
6	3	7 %

The map was accurate and good to understand.



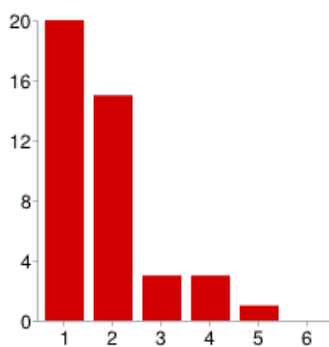
1	8	18 %
2	14	32 %
3	12	27 %
4	7	16 %
5	3	7 %
6	0	0 %

It was attractive to come here and run the competitions.



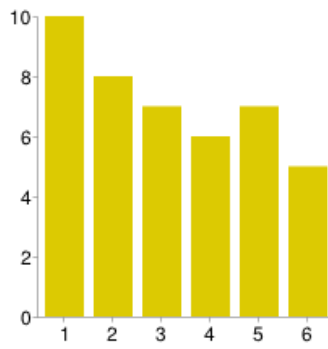
1	14	31 %
2	20	44 %
3	5	11 %
4	3	7 %
5	2	4 %
6	1	2 %

The Event Centre was easy accessible for all teams and athletes from their accommodation.



1	20	48 %
2	15	36 %
3	3	7 %
4	3	7 %
5	1	2 %
6	0	0 %

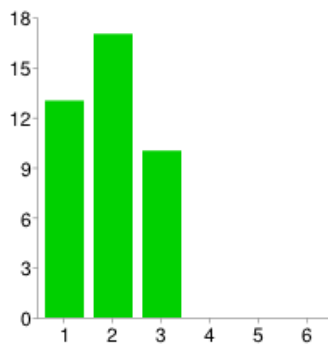
All necessary infrastructures (including free internet access) were available.



1	10	23 %
2	8	19 %
3	7	16 %
4	6	14 %
5	7	16 %
6	5	12 %

No free internet available.

The staff was competent and helpful.



1	13	33 %
2	17	43 %
3	10	25 %
4	0	0 %
5	0	0 %
6	0	0 %

Many thanks to organizers from Turkey! It was a good start for developing the sprint relay.