

Orienteering Queensland Guidelines for Course Setters - 2025

This document provides guidelines on course/class combinations for course setters of foot events when setting state and club events in Queensland. It covers championships, Orienteer of the Year events and club events. The document should be read in conjunction with the document “Competition Rules for Orienteering Australia Foot Orienteering Events” available from the Orienteering Australia website. That document also provides guidelines for course planning, health and safety, and handling complaints. All course setters should become familiar with this material before planning their courses.

The following sections provide guidelines for individual event formats

- Queensland Long Distance Championships
- Queensland Middle Distance Championships
- Queensland Sprint Distance Championships
- Orienteer of the Year Events
- Club Events

Queensland Long Distance Championships

The Queensland Long Distance Championships are traditionally held as two-day event with Day 1 being of shorter distance (60-80% of a single day event) and Day 2 being of longer distance (80-100% of a single day event). State Championships are defined as Level B events under the Orienteering Australia nomenclature and relevant rules in the OA rules document must be observed. That document also provides guidelines for winning times and relative course distances. These rules (2024 version) indicate a single day winning time for M21A of 75 minutes. Table 1 provides course-class combinations that should be used for the event with approximate relative lengths. SI Air should be used for the event.

Table 1. Course-class combinations for Long Distance Championships

Cse	Nav	Classes - Women	Classes - Men	Classes - Open	Length
1	Hard		M21A		100%
2	Hard	W21A	M20A, M35A		80%
3	Hard	W20A, W35A	M45A		60%
4	Hard	W45A	M16A, M55A, M21AS		45%
5	Hard	W16A, W55A, W21AS	M65A		35%
6	Hard	W65A	M75A, M45AS+	O Hard	25%
7	Hard	W75A, W85A+, W45AS+	M85A+		15%*
8	Mod		M14A	O Moderate Long	30%
9	Mod	W14A		O Moderate Short	25%
10	Easy	W12A	M12A	O Easy	2-3km
11	V Easy	W10A	M10A	M/W10N, O V-Easy	1.5-2.5km

* Shortest hard should be no longer than 2.5 km.

Queensland Middle Distance Championships

The Queensland Middle Distance Championships is a single day event with winning times for moderate and hard classes being 25-35 minutes. Table 2 provides course-class combinations that should be used for the event and approximate lengths. SI Air should be used for the event.

Table 2. Course-class combinations for Middle Distance Championships

Cse	Nav	Classes - Women	Classes - Men	Classes - Open	Length
1	Hard		M21A		100%
2	Hard	W21A	M20A, M35A		85%
3	Hard	W20A, W35A	M16A, M45A		75%
4	Hard	W45A	M55A		65%
5	Hard	W16A, W55A	M65A		55%
6	Hard	W65A	M75A	O Hard	45%
7	Hard	W75A, W85A+	M85A+		25%
8	Mod		M14A	O Moderate Long	55%
9	Mod	W14A		O Moderate Short	45%
10	Easy	W12A	M12A	O Easy	2-3km
11	V Easy	W10A	M10A	M/W10N, O V-Easy	1.5-2.5km

Queensland Sprint Distance Championships

The Queensland Sprint Distance Championships is also a single day event with winning times for moderate and hard classes being 12-15 minutes. Table 3 provides course-class combinations that should be used for the event and approximate lengths. SI Air should be used for the event. SI stations must be activated before the start of the event.

Table 3. Course-class combinations for Sprint Distance Championships

Cse	Nav	Classes - Women	Classes - Men	Classes - Open	Length
1	Hard		M21A, M20A		100%
2	Hard	W21A, W20A	M16A, M35A, M45A		85%
3	Hard	W16A, W35A, W45A	M55A, M65A		75%
4	Hard	W55A, W65A	M75A	O Hard	50%
5	Hard	W75A, W85+A	M85+A		35%
6	Mod	W14A	M14A	O Moderate	65%
7	Easy	W12A	M12A	O Easy	1.5-2 km
8	V Easy	W10A	M10A	M/W10N, O V-Easy	1.5-2 km

Orienteer of the Year Events (OY)

Competitors in OY events gain points towards yearly orienteer of the year awards. The points allocated are based on kilometre-rates with appropriate weightings for age and course difficulty/length. Classes are named according to course difficulty and length rather than competitor age. Entrants choose a class that they feel most comfortable with (although the table below gives some indication of likely ages). Table 4 provides the classes that should be used in standard OY events. Suggested winning times and course lengths are also provided. SI Air is recommended for OY events.

Table 4. Course-class combinations for OY events

Cse	Nav	Classes	Recommended for	Winning (min)	Length
1	Hard	Hard 1	M20, M21	70	100%
2	Hard	Hard 2	W20,W21,M35,M45	60	80%
3	Hard	Hard 3	W35,W45,M16,M55	50	60%
4	Hard	Hard 4	W16, W55,W65, M65,M75	45	45%
5	Hard	Hard 5	W75, W85+, M85+	40	30%*
6	Mod	Moderate 1	M14	35	45%
7	Mod	Moderate 2	W14	35	35%
8	Easy	Easy	W12, M12	25	2-3km
9	V Easy	Very Easy	W10, M10	20	1.5-2.5km

*Hard 5 should be set keeping in mind that entrants could be from older age classes for which courses should be set to provide hard navigation but not be overly physical (e.g. avoid climbs over 3%, climbing in/out of gullies and over fences). The maximum course length should be 2.5 km, and control sites should be chosen that are easily accessible by orienteers of all physical abilities.

For Sprint OY events, fewer classes are required (Hard 4, Hard 5, Moderate 2 not required), and winning times should reflect Sprint Championship winning times.

Club Events

The exact format for each club event is set by the club. Table 5 provides a recommended minimum set of courses that should be offered for bush events (with suggested winning times). SI Air is optional for club events.

Table 5. Course-class combinations for club events

Course	Navigation	Classes	Winning time (min)
1	Hard	Hard Long	60
2	Hard	Hard Medium	50
3	Hard	Hard Short	40*
4	Moderate	Moderate	35
5	Easy	Easy	(2-3km)
6	Very Easy	Very Easy	(1-2km)

*As per the Hard 5 course for OY events, the shortest hard course should cater for entrants in older age classes with a maximum course length of 2.5 km.

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