

# **SOUTH AFRICAN ORIENTEERING FEDERATION**

## **SEASONAL POLICY 2020**



**DEVELOPMENT - GROWTH - EXCELLENCE**

## 1 OVERVIEW

The policy aims to support the international development of:

- i) Athletes who show the most likelihood of meeting SAOF's performance targets in the current season, and
- ii) Athletes who show strong indications of potential to do so in future seasons.

The Seasonal Policy document is administered by the High Performance Manager in consultation with the Selection Committee. This responsibility automatically devolves to the Vice President Technical when no High Performance manager is currently appointed.

This policy will be updated on an annual basis to reflect competitions, tours and training camps in the forthcoming season.

## 2 PURPOSE OF POLICY

This policy is intended to

- Provide squad members with a clear understanding of the process, details of and requirements for selection to teams, tours or training camps for the forthcoming season.
- Provide the selectors with a clear understanding of the teams, tours and training camps for which selection must be made for the forthcoming season.

## 3 GENERAL

All teams will be selected and entered by the South African Orienteering Federation.

Athlete funding for competitions and camps is subject to availability of funds. Funds may be distributed through various incentive policies in accordance with the SAOF's HPSP targets.

**Some selections may be made on a self-funding basis.**

In all cases the criteria for selection will follow the general Selection Policy document (i.e. the primary areas for consideration will be international performance record, demonstrated potential for high performance, and current form).

The SAOF's High Performance Strategic Plan (HPSP) will act as a guide for selection strategy, with the objective of achieving the targets laid out in the plan.

For the various competitions, tours or training camp, the main races to be used as an indicator of current form are listed below.

In addition, where any other criteria are being treated as particularly important for a particular competition or camp, this information is given below.

## 4 ATHLETE AVAILABILITY

All Junior and Senior National Squad members will be required to indicate availability for a list of competitions, tours and training camps for the upcoming season during the Squad application process.

Any changes to availability must be indicated in writing as soon as possible to the chairperson of the SAOF Selection Committee and the High Performance Manager.

## 5 COMPETITIONS AND TRAINING CAMPS

Further competitions and training camp selections may be added at shorter notice.

### 5.1 World Cup Races (various in 2020)

National Squad members will only be considered for selection upon application for specific World Cup races by the athlete. Selection is subject to the athlete attaining qualification criteria for the selected World Cup races as determined by the IOF.

Athletes should expect to be self-funded unless otherwise notified at a later date.

Confirmation of selection will be on a case-by-case basis prior to each World Cup race.

For further details:

<https://orienteering.sport/orienteering/events-and-results/>

### 5.2 World Championships, Denmark (5-11 July 2020)

The World Championships event program changed from 2019 onwards. Odd years shall be organized with forest-based competitions and even years shall be organized as urban-based competitions.

South Africa can only field at maximum the following number of athletes:

<b>Forest Based Events</b>	<b>Male Competitors</b>	<b>Female Competitors</b>
Middle Qualification	3	3
Middle Final	Per qualification	Per qualification
Long Distance	1	1
Team Relay	1 team of 3 runners	1 team of 3 runners

<b>Urban Based Events</b>	<b>Male Competitors</b>	<b>Female Competitors</b>
Sprint	3	3
Knock out Sprint	Currently 3	Currently 3
Sprint Relay (one team)	2	2

From 2019 onwards, the Selection Committee will thus select athletes for specific events. This will likely include designated reserves for specific events, whilst non-travelling reserves may also be selected at the Selection Committee's discretion. The WOC Team Coach in consultation with the Team Manager will be responsible for confirming the final Relay teams shortly before the events based on the available team athletes at the Championships and their current form at the time.

Some athletes and slots for various events at WOC may be pre-selected earlier in the season than the final team announcement date. If so, such pre-selection may be subject to demonstrating continued fitness levels through the remainder of the season.

Form during the selection period may be used to select any athlete for any discipline. **The main indicators of current form will be the 2019 South African Championships, the Big 5 O-Week in 2019/2020, and performance in WOC in 2019, if applicable.**

Other results between September 2019 and the final selection date will be considered. The selectors may request a selection race(s) (either an existing designated event or a new specifically run competition) to help them in the selection process. If this is to occur, relevant participants from the squad will be notified no less than 30 days beforehand. Such a selection race will have a notable bearing on selection.

Athletes will be required to perform 3000m tests on a track on multiple occasions during the season, on dates to be determined by the National Coach in conjunction with the High Performance Manager. These tests will be used for fitness monitoring, will be a strong indicator for selection decisions for the Sprint Distance event and athletes will also be expected to achieve certain benchmarks in order to be selected for WOC.

Some athletes may be pre-selected. If so, such pre-selection may be subject to demonstrating continued fitness levels until the event.

Athletes should expect to be self-funded unless otherwise notified at a later date.

Final confirmation of all selections will take place by **the 31 May 2020**, or if the number of applications is equal to or less than the number of slots available to South African orienteers, by **31 March 2020**.

For further details: <http://www.woc2020.dk/>

### 5.3 Junior World Championships, Turkey (26 June – 4 July 2020)

A total of up to 6 men and 6 women may be selected. Non-travelling reserves may be selected at the Selection Committee's discretion.

The main indicators of current form will be **2019 South African Championships, the Big 5 O-Week in 2019/2020 and performance in JWOC in 2019, if applicable**. Other results between September 2019 and the final selection date will be considered. The selectors may request a selection race(s) (either an existing designated event or a new specifically run competition) to help them in the selection process. If this is to occur, relevant participants from the squad will be notified no less than 30 days beforehand. Such a selection race will have a notable bearing on selection.

Form during the selection period may be used to select any athlete for any discipline.

Athletes will be required to perform 3000m tests on a track on multiple occasions during the season, on dates to be determined by the National Coach in conjunction with the High Performance Manager. These tests will be used for fitness monitoring and may be used as additional evidence for selection or de-selection. Athletes will be expected to achieve certain benchmarks in order to be selected for JWOC.

Some athletes may be pre-selected. If so, such pre-selection may be subject to demonstrating continued fitness levels until the event.

Athletes should expect to be self-funded unless otherwise notified at a later date.

Final confirmation of all selections will take place by the **24 April 2020**.

It should be noted that the selection date has moved later than in previous years. This has been done in order to allow for the qualification TT (see 6.2) to occur. Juniors squad members that are interested in attending JWOC are encouraged to make travel plans early on the basis that their default competition will be the JWOC tour. It should be noted that any athlete can attend the JWOC tour ie any junior or youth squad member can plan to compete at the tour.

For further details: <http://www.jwoc2020.org>

### 5.4 National Training Camp (dates to be confirmed)

The total number of athletes selected for the National Training Camp may be subject to various logistical and financial constraints. The High Performance Manager will advise on the final number of slots available at a later date. Non-travelling reserves may be selected at the Selection Committee's discretion.

If selection is necessary, this will be done so as to best fit the development of short, middle and long-term strategic goals as encapsulated in the SAOF's HPSP. Selection will be made based on judgments of which athletes would benefit most from training and which athletes would be able to best use this experience to achieve HPSP goals.

Selected athletes will be required to advise the High Performance Manager of any medical issues prior to the camp. Issues that would prevent the athlete from training effectively on the camp will require the athlete to stand down from the camp in favour of a reserve.

Some athletes may be pre-selected.

Athletes should expect to be self-funded unless otherwise notified at a later date.

Final confirmation of invitation and if necessary, selection, will take place by a date to be confirmed. Importantly, this camp is subject to the finalization of various logistical matters, and regrettably there is no guarantee that the camp will proceed.

## **5.5 Other training camps and tours**

Proposals will be considered if motivated.

## **5.6 Other International MTB-O, Ski-O and Trail-O Competitions**

Given that the major focus of Orienteering in South Africa is for Foot-O, there is little administrative infrastructure for other disciplines of orienteering such as MTB-O, Ski-O and Trail-O. International competitions in such disciplines do take place however, and there is development potential for South African athletes to represent the country in such fields.

Any South African athlete who is a member of a SAOF club may apply to the Selection Committee to participate in any competitions in these disciplines where they will be representing the SAOF. The Selection Committee will consider such requests on a case by case basis, determining if selection is in the best interest of the SAOF and the competitor.

Selection is subject to the athlete attaining qualification criteria for the designated races as determined by the IOF.

Athletes should expect to be self-funded unless otherwise notified.

At the date of this document, selection to represent South Africa and participate in a World Championship in any of these disciplines is not yet possible.

## **6 BENCHMARKS**

The SAOF Selection Policy document indicates that selections (to both squads and teams) will be made based on relative performance to certain benchmarks. The assessment against a benchmark may be made both relative to other athletes, as well as to that specific athletes' prior performance.

The purpose of the benchmarks is to allow assessment of both technical performance and physical fitness levels.

## 6.1 Technical performance benchmarks

Ranking systems allow for comparison of performance both relative to other athletes and over time. Possible ranking systems that can be considered include:

- World ranking points (gained through participation in World Ranking Events);
- Rankings in terms of AttackPoint (gained through registration on [www.attackpoint.org](http://www.attackpoint.org));
- Performance log (for example in Gauteng points are awarded in both a short course and color coded log system); or
- For championships, the athletes' performance based on time relative to others on the same course (i.e. percentage to winners time across all classes on the course)

Each of these options have pros and cons, often caused by the relatively small number of athletes and events in South Africa, which can result in skewed outcomes. Benchmarking against certain athletes assists with some of these problems. Benchmark athletes include those that compete regularly and have been consistent in their performance on an annual basis over the years. The benchmark athletes are likely to be top performing athletes within their age class (a general benchmark) in addition to top performing athletes within the M/W21 age group (the top South African athletes). Athletes who do not complete regularly against these athletes will be assessed relative to their peers (who would have been racing against the benchmark athletes).

## 6.2 Physical fitness performance benchmarks

The running of a 3000m time trial has been in existence for the national squads since 2011. As such, it forms the most useful benchmark to assess physical fitness for both squad and team purposes. A 3000m time trial, run within 3 months before a specific competition or 1 month before the selection date whichever is the longer period, will be used as a determination for inclusion in a team (referred to as the qualification TT).

### 6.3 Benchmarks for Seniors

Athletes in the senior squad are likely to be able to gain ratings across all the benchmarks set out in 6.1 above. Inclusion into the senior squad can occur if the athlete shows;

- a good performance relative to the top South African athletes; and
- as it relates to a developing athlete, improvement in performance over the past year/compared to previous years measured against general benchmark athletes; or
- as it relates to a developed athlete, maintaining their performance compared to previous years.

Selection for a senior team can only occur if the athletes' performance is within a narrow margin of the top South African athletes.

Senior athletes are expected to already be able to run a fast 3000 m time trial. In order to be selected for a senior team their qualification TT must either;

- be within 10 seconds of their personal best (PB), or
- for men be at or under 10 minutes (at altitude) or 9 min 45 sec (at sea level); or
- for ladies be at or under 12 min (at altitude) or 11 min 42 sec (at sea level).

### 6.4 Benchmarks for Juniors

Inclusion into the junior squad can occur if the athlete shows acceptable performance relative to general benchmark athletes. In order to make these relative comparisons, in addition to completing in their age groups at championship events, junior squad members should, as a minimum, be competing at the following levels in colour coded events: Men-Blue, Ladies-Green. Furthermore, athletes who wish to be selected for JWOC team should be running as follows: Men-Brown events, Ladies -Blue events for long events and Brown for middle distance events.

#### **First time JWOC**

In order to be selected for the JWOC team for the first time, an athlete must deliver an acceptable performance relative to benchmark athletes. The benchmark athletes are likely to not fall within the M21 category.

Squad members should also be showing a trend of improving their own time trials (subject to reasonable explanations for deviations).

#### **Second time JWOC**

In order to be selected for the JWOC team for a second time, the athlete must show improvement in both technical and physical form. That means they must show relative improvement compared to the general benchmark athletes, and they should be showing improvement relative to M21 athletes. As it relates to their qualification TT, it should either;



- be within 10 seconds of their personal best (PB), or
- for men be at or under 10 min 30 sec (at altitude) or 10 min 14 sec (at sea level); or
- for ladies be at or under 12 min 30 sec (at altitude) or 12 min 11 sec at sea level.

## **6.5 Benchmarks for Youth**

Youth squad members should, as a minimum, have delivered good relative performances:

- in U16 (or above) age group championship events;
- green colour coded event/s; and
- men's or ladies short course events (i.e. not the novice courses)

- APPENDIX 1: Contact Information

**Vice President Technical**

Paul Wimberley

Tel: 082 550 7793

Email: [technical@orienteering.co.za](mailto:technical@orienteering.co.za)

**High Performance Manager**

Vacant

Email: [high\\_performance@orienteering.co.za](mailto:high_performance@orienteering.co.za)

**SAOF Selection Committee 2019/2020**

Margaret Archibald

Elaine O'Connell

Timothy Chambers

Carl Holmes

Nicholas Mulder - Chairperson

Email: [selection\\_committee@orienteering.co.za](mailto:selection_committee@orienteering.co.za)

Date: 17 October 2019

## APPENDIX 2: SQUAD MEMBERSHIP APPLICATION FORM

Please complete to the best of your abilities and mark 'unknown' or 'not applicable' where necessary. Closing date for applications is 30 November 2019.

I hereby apply for membership of the following squad:  Senior  Junior

### PERSONAL INFORMATION

Name : \_\_\_\_\_  
 Gender :  Male  Female  
 Date of Birth : YYYY - MM - DD  
 Current Address : \_\_\_\_\_  
 \_\_\_\_\_  
 Cell No : \_\_\_\_\_  
 Email Address : \_\_\_\_\_  
 Occupation : \_\_\_\_\_

### ORIENTEERING INFORMATION

South African Club : \_\_\_\_\_  
 Other Clubs : \_\_\_\_\_  
 Years of Orienteering : \_\_\_\_\_  
 Orienteering Coach : \_\_\_\_\_  
 Athletics Coach : \_\_\_\_\_  
 Training Log URL : \_\_\_\_\_

### RECENT PEFORMANCES

Please list your 3 best performances in the last 12 months, rate them out of 10 and explain why.

1. Race: \_\_\_\_\_ Rating: \_\_\_\_\_  
 Detail: \_\_\_\_\_  
 \_\_\_\_\_ Placing: \_\_\_\_\_
2. Race: \_\_\_\_\_ Rating: \_\_\_\_\_  
 Detail: \_\_\_\_\_  
 \_\_\_\_\_ Placing: \_\_\_\_\_
3. Race: \_\_\_\_\_ Rating: \_\_\_\_\_  
 Detail: \_\_\_\_\_  
 \_\_\_\_\_ Placing: \_\_\_\_\_

**ORIENTEERING GOALS**

Please describe your orienteering goals (abilities and performances) for 2020

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Please describe your orienteering goals for 2021-2022

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Please describe your longer-term orienteering goals (2023 and beyond)

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**CONSIDERATION FOR SELECTION**

Please indicate for which of the following events and camps you would like to be considered for selection in, or would like to attend in 2020.

WOC Norway	<input type="checkbox"/>	Which Rounds?: _____
World Cup events	<input type="checkbox"/>	
JWOC Denmark	<input type="checkbox"/>	
National Training Camp	<input type="checkbox"/>	

Any specific comments as to your availability/non-availability?: \_\_\_\_\_

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Please indicate which of the following events you would like to target as goals beyond 2020.

WOC Czech Republic 2021 – forest	<input type="checkbox"/>
JWOC Portugal 2021	<input type="checkbox"/>
WOC Great Britain 2022 –urban	<input type="checkbox"/>
JWOC Romania 2022	<input type="checkbox"/>
WOC Switzerland 2023 – forest	<input type="checkbox"/>
Others	<input type="checkbox"/> Specify: _____

**TRAINING PLAN 2020**

Please outline your training plan for 2020. Please consider the hours of training per week, your method of training (road, trail, orienteering, x-training, mental, general fitness strength / flexibility, mental training)

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If you attended JWOC/ WOC in 2019 (or prior to that), please outline what you will be doing differently (if anything) this time to try improve your results (consideration physical, technical and /or mental preparation)

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**TIME TRIALS**

Please include details of your 3000m TT:

Lifetime PB: \_\_\_\_\_ (achieved in which year) \_\_\_\_\_ and under what conditions (altitude/ sea level)

PB for 2019: \_\_\_\_\_ achieved at attitude / sea level (delete whichever is n/a)

If you were in the Junior or senior squad in 2019

a) Did you achieve the target times you included in your application of the year (all, some, or none). \_\_\_\_\_

b) Explain why you achieved/ did not achieve some / all of your goals in 2019

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

What is your target time for 2020 for the TT's

Target time Jan 2020: \_\_\_\_\_

Target time Mar 2020: \_\_\_\_\_

Target time for Qualification TT \_\_\_\_\_

Target time June 2020: \_\_\_\_\_

Target time Sep 2020: \_\_\_\_\_

and what you will be doing to specifically assist you in achieving each of these goals

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**COMPETITION PLAN 2020**

Please state international, national, provincial and other major events you plan on competing in.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**FULFILLMENT OF PREVIOUS SQUAD RESPONSIBILITIES**

To the extent that you were a member of one of the national squads in 2018 please explain how you fulfilled your responsibilities, or to the extent that you did not fulfil those responsibilities, please explain why you were unable to, and why you believe that such non-fulfilment of those responsibilities should not prejudice your current application.

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**REQUESTS FOR ASSISTANCE**

Please indicate any areas where you believe your current training or competition plan is deficient and indicate what assistance you require. This is for the benefit of the HP Manager in improving the HP structure and support facilities and is not considered in the selection process.

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**AGREEMENT**

I certify that all information given in this application is complete and true. I will notify the South African Orienteering Federation (SAOF) Selection Committee of any changes to this information as contained herein. I acknowledge that the Selection Committee requires the foregoing personal information as part of the selection process for the national squad and team. The SAOF is committed to keeping my personal information confidential and, except as provided herein, it will not be sold, rented, traded, or disclosed to anyone else.

I hereby acknowledge that I have read and agree to abide by the SAOF Code of Conduct for Athletes, including anti-doping rules as laid out by the IOF and IOC. I also agree to abide by the SAOF Selection Policy, including any appeals on the process or decisions.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

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Signature of parent or guardian if applicant is under the age of 18 years:

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

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All applications must be received by the Chairperson of the SAOF Selection Committee no later than the 30 November 2019. The application must either be given in person or alternative emailed to the address below. Squad selections will be announced by the 8 December 2019.

By hand to: Nicholas Mulder  
The Chairperson of the SAOF Selection Committee

By email to: [selection\\_committee@orienteering.co.za](mailto:selection_committee@orienteering.co.za)