

Supporting TrailO

3. TempO stations and PreO timed controls: Training or a simple event



TempO is proving to be very popular with young people (they tend to perform better at TempO), and is excellent for a junior training session with orienteers of reasonable proficiency. The speed element and the inclusion of zero (Z) answers provides an extra challenge and attraction. It can of course be planned for orienteers of every age group!

PreO timed controls are similar to TempO stations except that there are no Z answers, and usually 3 tasks instead of 4 or 5. They are set up at the beginning or end of a PreO event to separate competitors with the same total of correct answers.

For TempO training at local level, 2 or 3 TempO stations can be set up reasonably close to each other. A suitable location is a campus, school or park-style area with several buildings, covered by an accurate Sprint map. Each station will have 6 kites in the terrain and 4 or 5 tasks.

The site of each station should be planned so that competitors can't see much, if anything, of the kite layout before they arrive at the decision point. This can be achieved by, for instance, having the decision point and view of the kites just round the corner of a building.

At each station, the 6 kites are set out on features that are accurately mapped. Z answers are allowed at a TempO station, so it's best to use places with a reasonable amount of detail. Sections of maps with a single control circle need to be prepared, one per task.

It is best to have two marshals at each station sharing the work of pointing out the kites and timing, etc. but it can be done by one experienced person. Competitors can take round a TempO control card (see *example below right*), or the marshal(s) manning the station can record all competitor answers on paper. Also, a free mobile app ANT is available for recording answers: <http://ant.yq.cz>.

In a training session, the competition can be run one station at a time, with everyone walking together between stations. This approach has the benefit that the answers can be checked and discussed station by station.

With four marshals, two stations can be manned at a time with the two pairs 'leap-frogging' each other to maintain continuity. Another way is to have two experienced trail orienteers being the first competitors at the first station; they then stay to time the other competitors through whilst the marshals move on to Station 2. The same can be done there, and in this way a 'flow' is developed.

Procedure at a TempO station or PreO timed control

The competitors are held at a stop point some distance away, from which they can't see the control terrain and kites or hear the previous competitor giving answers. They are called forward in turn from the stop point by a marshal (shouting "Next!").

The competitor sits in a chair located precisely over the decision point. For wheelchair users, the chair is placed to one side and the wheelchair manoeuvred into position in exactly



Above: A competitor checking the map at a TempO station.

Name		Used time												
		Start number			Penalty time									
Country		Class				Result								
Station 1	Time	1	2	3	4	5	6	1	2	3	4	5	6	Time
Station 2	Time	1	2	3	4	5	6	1	2	3	4	5	6	Time
Station 3	Time	1	2	3	4	5	6	1	2	3	4	5	6	Time
Station 4	Time	1	2	3	4	5	6	1	2	3	4	5	6	Time
Station 5	Time	1	2	3	4	5	6	1	2	3	4	5	6	Time
Station 6	Time	1	2	3	4	5	6	1	2	3	4	5	6	Time
	Time	1	2	3	4	5	6	1	2	3	4	5	6	Time

Above: An example of a TempO recording sheet. For each station, there are boxes for the separate controls and another box for the time taken. A duplicate set is provided on the right so that the competitor can keep a record of their answers once the course is completed.

the same place, so that wheelchair users have exactly the same view as those who are seated.

Marshals stand in front of the chair to block the view as the competitor approaches, sits and settles. The competitor hands the control card to a marshal.

The map sets have prominent sequence numbering that need to be checked by the marshals before being handed to the competitor, and can be checked by the competitor before timing starts.

The marshals step aside and one of them points out the kites by saying, not too quickly:

“There are 6 flags: Alpha, Bravo, Charlie, Delta, Echo, Foxtrot.”

Immediately following the pointing out of the last kite, the marshal says:

“Your time starts now.”

The competitor considers the problem on the first map and gives an answer, saying one of Alpha through to Foxtrot, plus Zero if it's a TempO competition. Competitors new to TrailO will likely say A, B, C, D, E, F or Z.

The competitor's answer is repeated by the recorder, and written on the recording sheet or control card as a letter (e.g. A for Alpha). Without delay the competitor considers the problem on the second map and gives an answer, which is repeated and recorded. In like manner, the competitor continues to the last map and with the final answer, the timing is stopped. Competitors must follow the correct map order.

At a TempO station or timed control, the maximum total time allowed is 30 seconds multiplied by the number of timed controls. The marshal gives a warning 20 seconds before this time.

If the competitor is using a control card, this is returned to the competitor with the answers written on it. The competitor then departs, and the next one is called forward.

Results

At a TempO station, a competitor's time taken has 30 penalty seconds added for every incorrect answer. The competition winner is the competitor with the shortest total time (total of time taken + penalty seconds). At a PreO timed control, the time taken has 60 seconds added for each wrong answer.

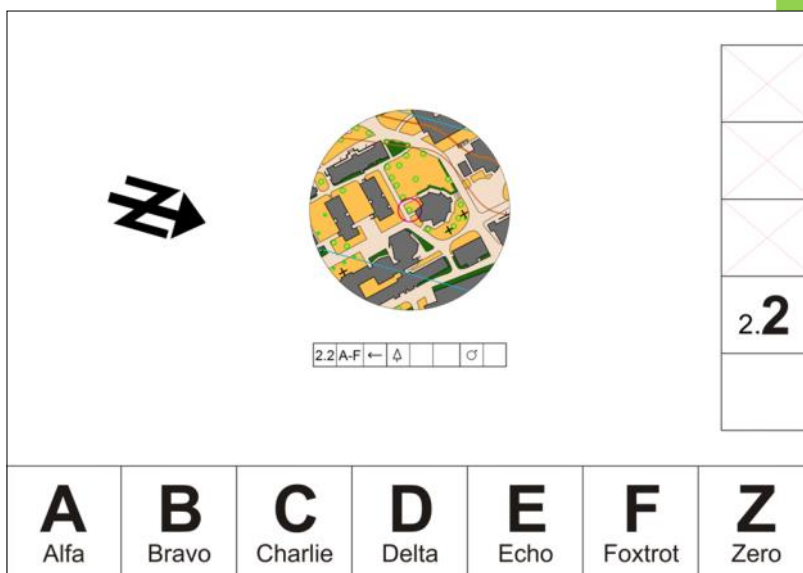
Maps for TempO stations or PreO timed controls

IOF Rules define the map requirement:

In TempO, and at PreO timed controls, the shape and size of the maps must be either circular or square. A circular map must have a diameter between 5 cm and 12 cm and a square map must have sides between 5 cm and 12 cm. Each map must be centred on the control circle. All maps at all stations must have the same form and size. The map must be fixed on stiff material which is larger than the map. The map segment must contain the area where the control markers are as well as the area of the viewing point.

The viewing angle between the outer control markers may not exceed 120°. The map has to be oriented in the direction of view of the midpoint between the outer control markers, with clear indication of the direction of magnetic north and with the control description below the segment.

Free computer software is available for creating circular maps, e.g. TiM, see <http://tim.vq.cz/>



Above: An example map as used by a competitor at a TempO station. Note that the map is orientated to match the view from the seat but the direction of North is indicated. The control description is also provided. For a PreO timed control, the maps used are the same but there is no Zero option available.

Need help or guidance? Contact the Chair of the British Orienteering Development Group at trailcommitteechair@britishorienteering.org.uk who will put you in touch with an experienced trail orienteer living in your part of the country.