

Selection, Seeding and Start Lists

Seeding will be carried out according to British Orienteering rules as defined here:

- Appendix L. Selection, Seeding and Start Lists
- Appendix M. Elite Competitions Seeding and Selection

These documents are available here:

http://www.britishorienteering.org.uk/images/uploaded/downloads/events_appendix_l.pdf
http://www.britishorienteering.org.uk/images/uploaded/downloads/events_appendix_m.pdf

For M/W21E, this means that Start Times will be allocated using the “Seeded Block” system. The list of those competitors to be allocated to each seeded block will be provided by the Elite Competitions Group (ECG). Competitors who enter M/W21E will be therefore be allocated start times at any time between the first and last starts.

For M/W18E and M/W20E, TVOC are still agreeing the final arrangements for allocation of start times with the Junior Competitions Group (JCG).

For all other courses, seeding will be carried out to ensure that the top 20 ranked runners on each course have start times separated by a minimum of 4 minutes.

Start times will be uploaded to Fabian4 on a regular basis. These times are subject to change as ranking runners enter. Hopefully times will change by no more than a few minutes either way. Please ensure you check your start time once final upload has occurred after entries close.

If I've missed any special requests, i.e. travelling together and requesting similar start times etc, please email me – [steve AT stonesemail DOT me DOT uk](mailto:steve@stonesemail.me.uk).