

## Performance Criteria for Orienteering (v2)

Score out of 10 for each skill/technique (10 is good practice, 1 is pretty awful)

Date:	Competition:	Map:	
Goal:			
<b>Whenever it was either possible/necessary/desirable to do so, did I . . .</b>	Marks out of 10	Tick every time you practice	Comment (Athlete or Coach)
use the training map at the pre-start to engage with terrain? (positive running, planning each leg)?			
in the start lane, look at my control description for the first two controls; make a mental picture of the control sites.			
examine the map in the start and work out where I was?			
make plan for an accurate first control?			
for each control, did I apply CARE? C=control I am going for; A=Attack Point (AP) for that control; R=Route to AP; E=Exit from the control I am nearly at.			
for each control did I correctly estimate the difficulty of the leg?			
make route choices which matched my ability and commit to this route?			
adjust my running pace appropriately to the degree of intricacy of map reading?			
from the AP to the control ensure I knew the control code/description?			
spike each control (by using CARE) & flow through it?			
prevent myself from being distracted by other runners? Did I run 'my own race'?			
stop myself becoming distracted by other controls?			
stick to my plan for relocation?			
maintain my concentration throughout the race?			
keep up my attack throughout the course?			