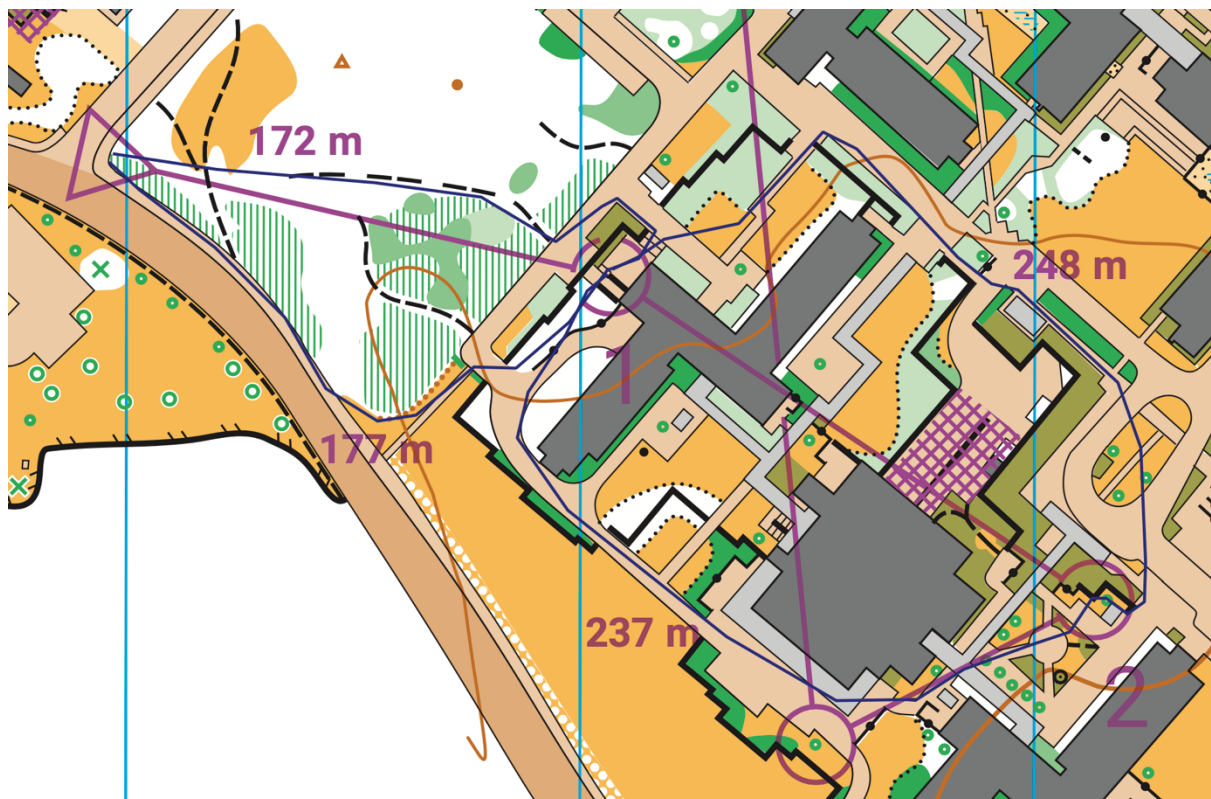
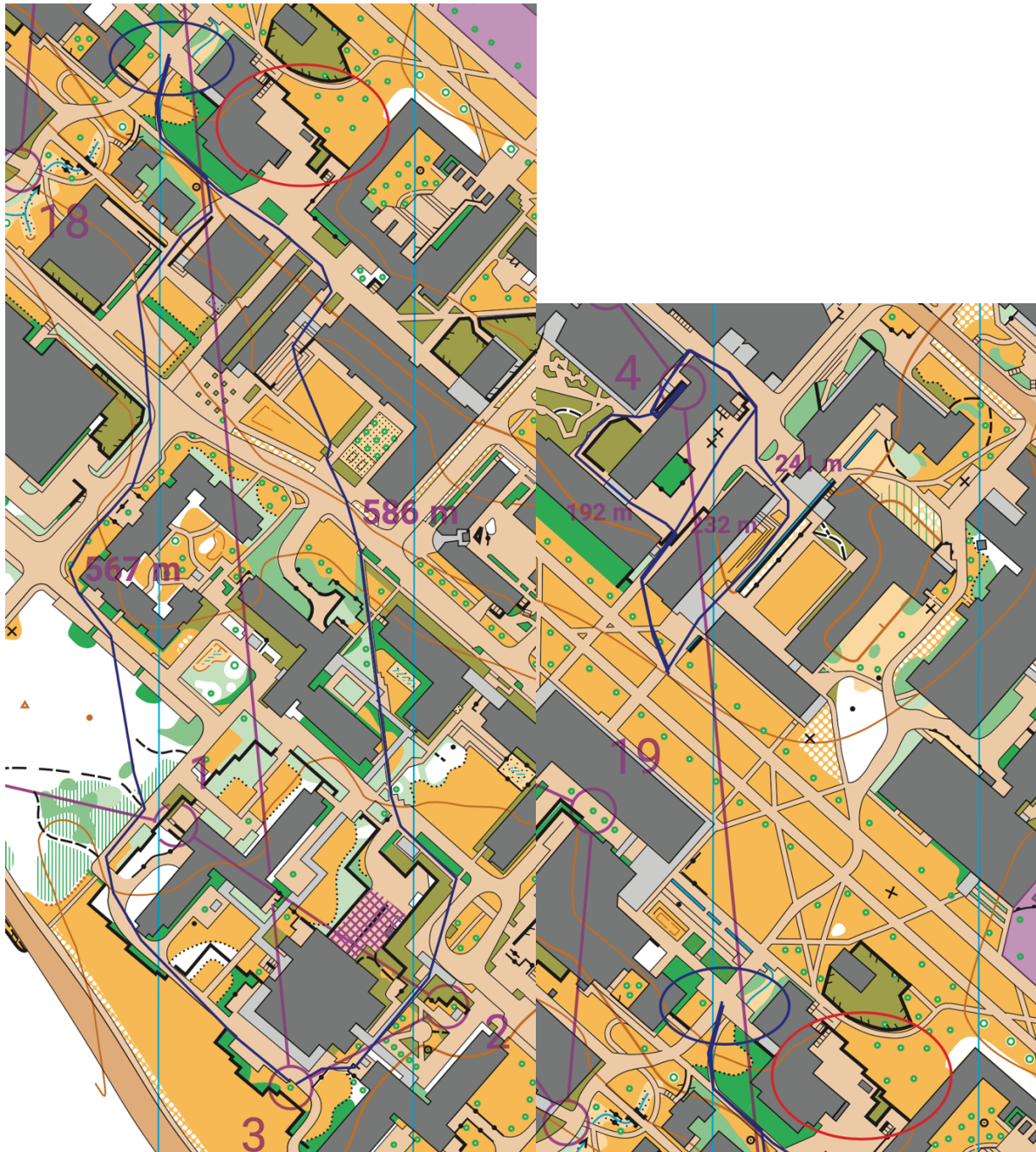


General speculation

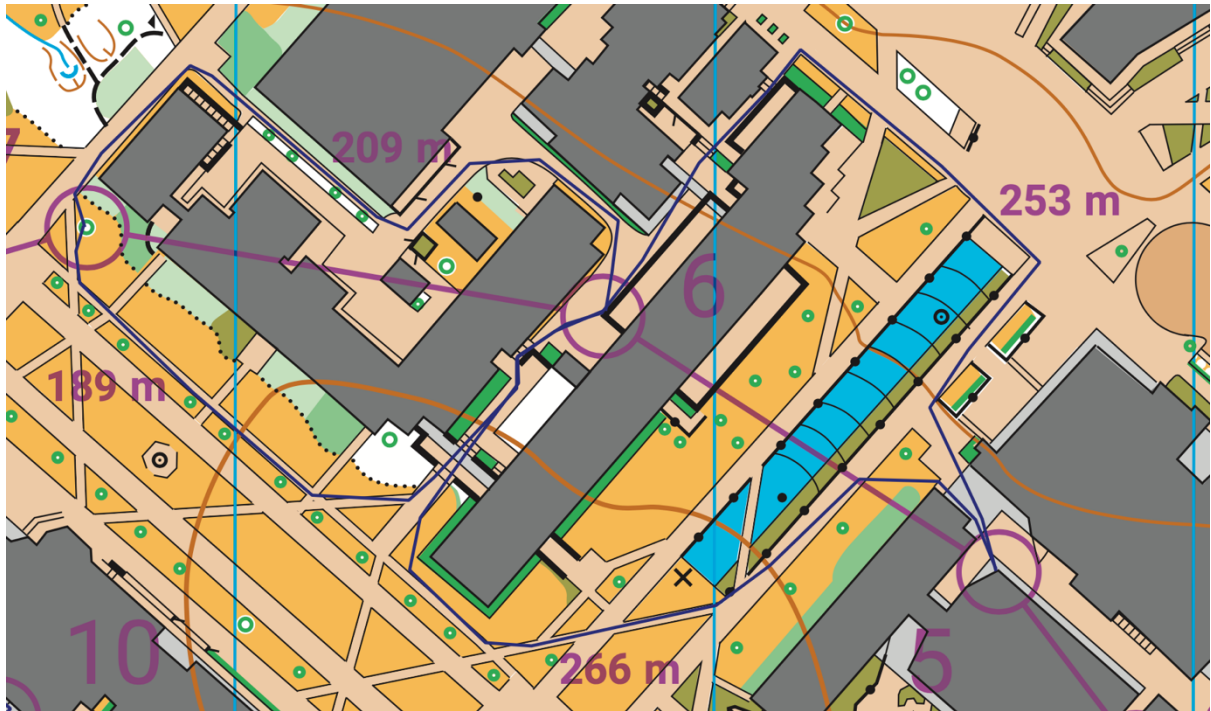
The part of the UBC map used in this WET is detailed, but there is a very limited number of large features that need to be run around and almost no multilevel running. Therefore, keeping the orienteering fluent and thinking forward for the next route choices were the main themes of these WET courses – and the likely ways of achieving your best times. In much of sprint orienteering, stopping at a control (or anywhere essentially) to plan the next leg may already lose the benefit gained from finding the optimal route. It will also require accelerating into full speed again, which takes extra energy. Keeping a decent speed at which you can still read the course onward may then turn out better in the long run. Hoping that everyone had a good time in the courses!



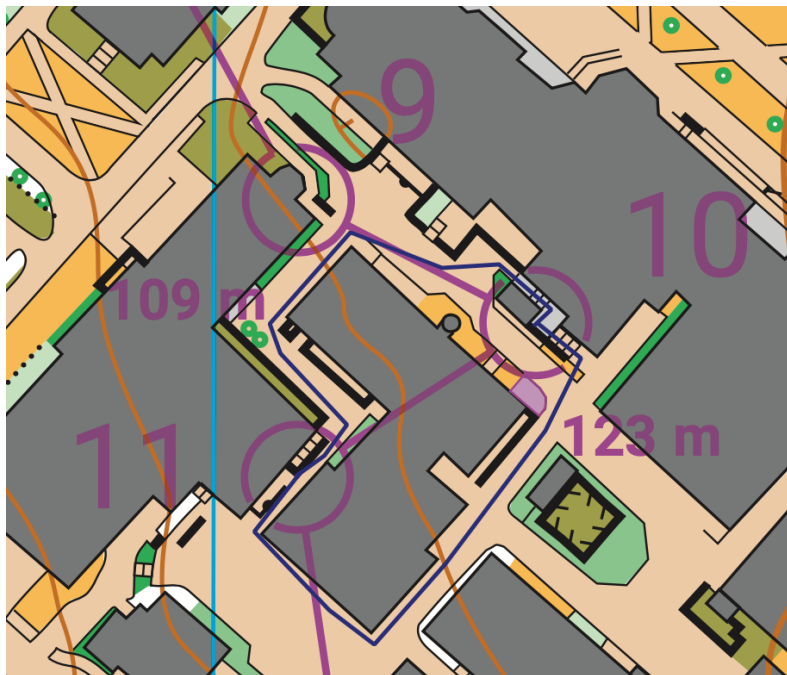
First legs (advanced, triangle-1 also for intermediate). Crushing through the forest to control 1 might be a good choice, as the forest is fast to run, but the choice has to be made right away. You also get a touch on the runnability that can be used in planning leg 3-4. To control 2, going right should be quicker as it's a bit simpler. You'll also see control 3 on the way and the leg 2-3 is trivial then (giving also more time to take a look at 3-4 on the go).



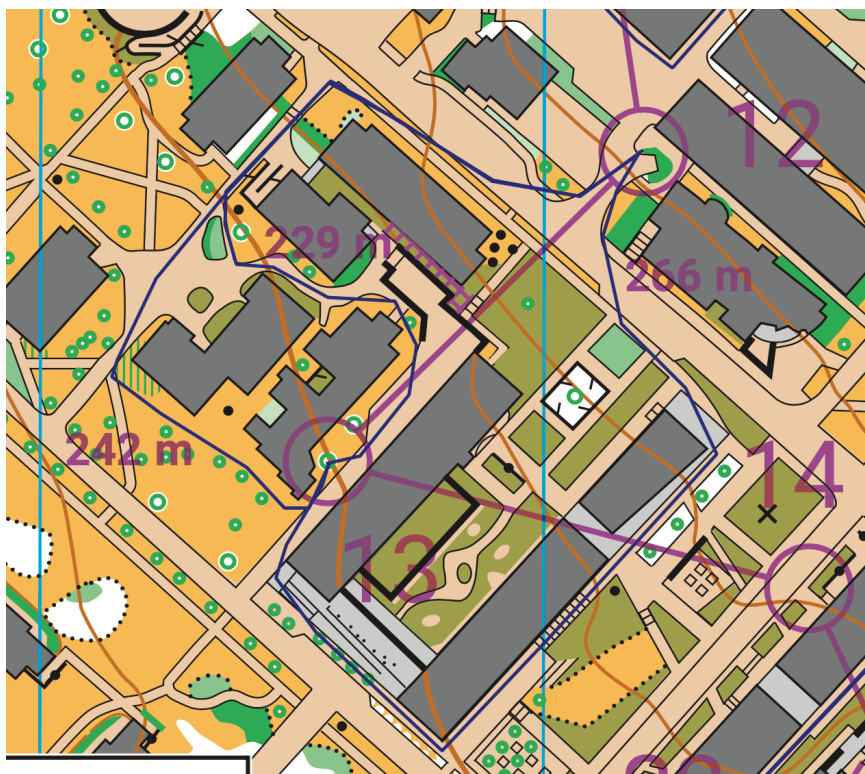
Long leg (advanced). The key to the long leg is to first split it into two by seeing the relatively small passage (blue ellipse) through which all optimal routes should go. The other passage appearing promising at a glance (red ellipse) is blocked. Other routes around the buildings stray too far off from the line given that in this area, almost all spaces between buildings can be run through and straight is key. To reach the passage, fluency is more important than the exact route choice; all choices have some slower and some faster running surfaces. After the passage, there's a brief flat period during which it should be possible to read the map ahead and see that control placement in the bottom of the ramp will force the optimal choice to be left.



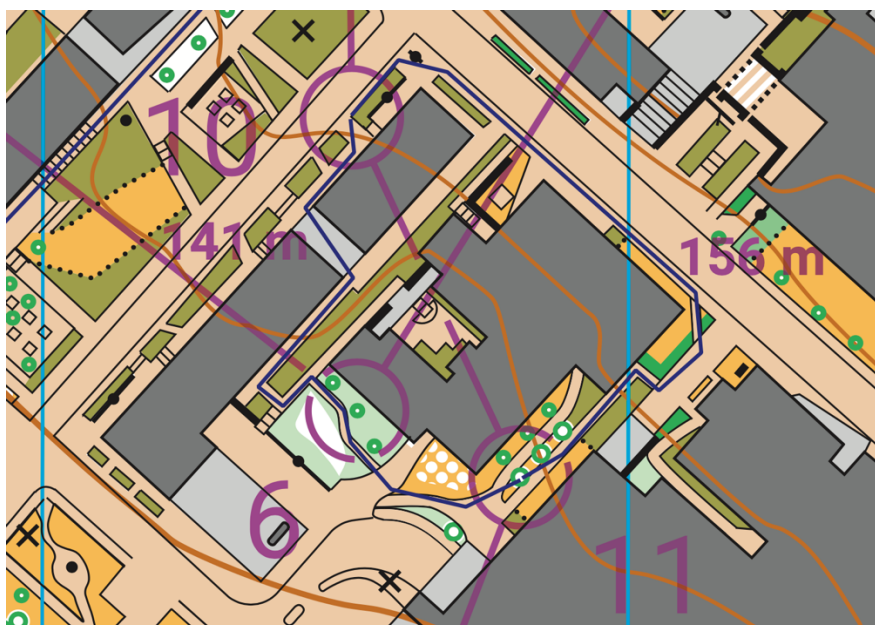
Legs 5-7 (advanced). There are likely no major time differences in the route choices here. Both choices to 6 have some stairs in them, and the 20 m distance benefit from taking the left choice to 7 may diminish to the couple sets of ascending stairs.



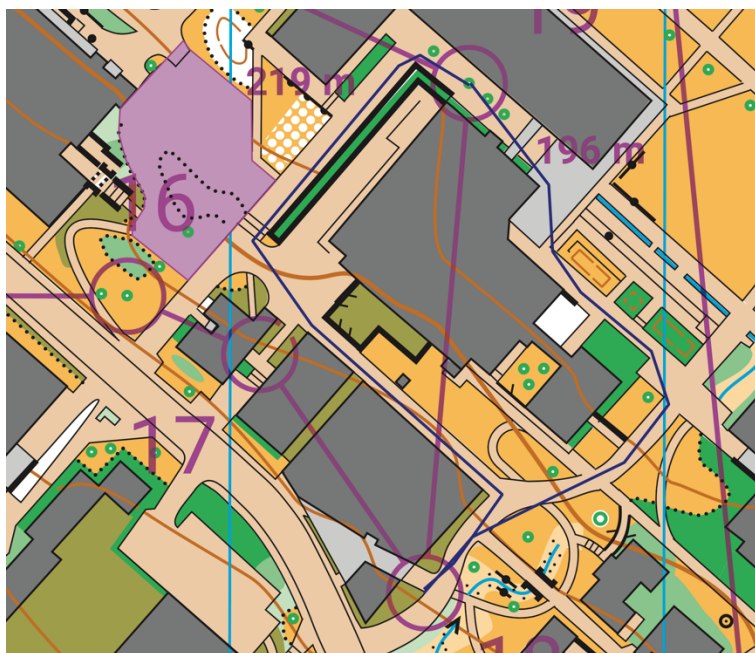
Short legs (advanced, 9-10 also in intermediate). The running is intense and only a couple next turns can be seen at a time. The most important thing here is to have a plan for all legs ready before coming to 9 – there might be no time to read onward during these short legs. For 10-11, right may be just a few seconds quicker, and it also enables running through 11 at full speed before turning towards 12.



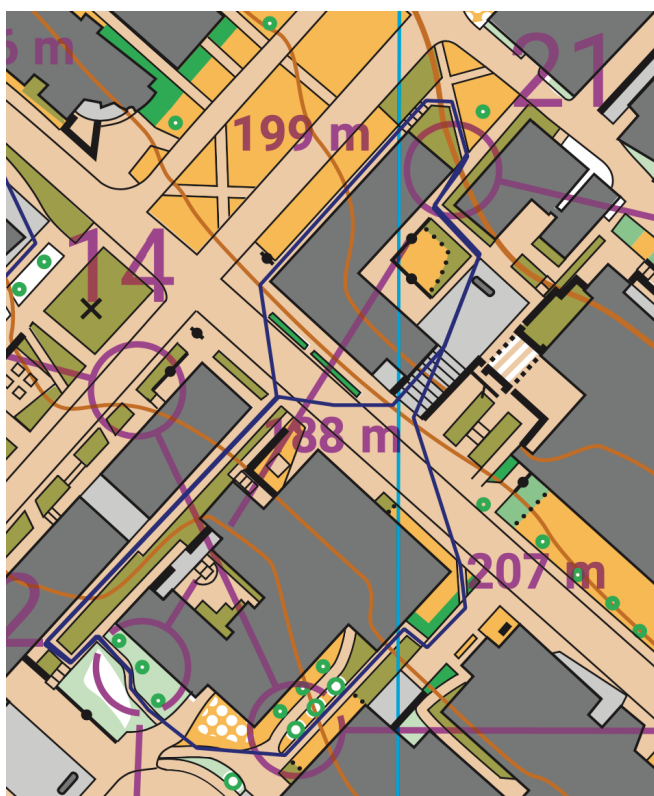
Leg 12-13 (advanced). Three choices emerge, from which a confident implementation of the shortest choice can well be the fastest. The choices taking the control from south are simpler, though. Making a definitive choice before coming to 12 might be difficult due to the intense legs before, but stopping at 12 might also lose the relatively small time advantage of finding the optimal choice. Hence, fluency is key also here.



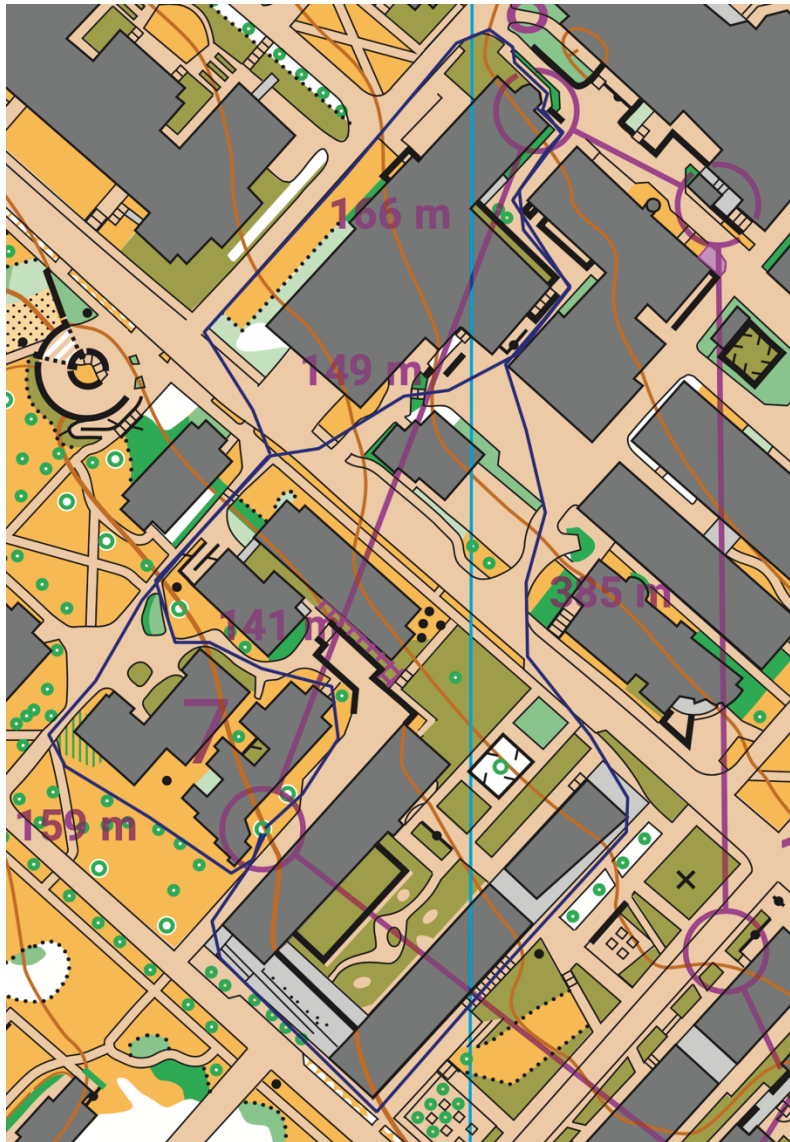
Leg 14-15 (advanced) / leg 10-11 (intermediate). Going left is remarkably simpler with less turns (likely faster running). It is possible that it's a tiny bit faster as it doesn't require much map reading on the way, giving also some time to read the course onward. However, in intermediate course, the passage through control 6 may already be familiar (if 5-6 was taken from the right), so that can be even less map reading then. For advanced, the leg works vice versa for 21-22.



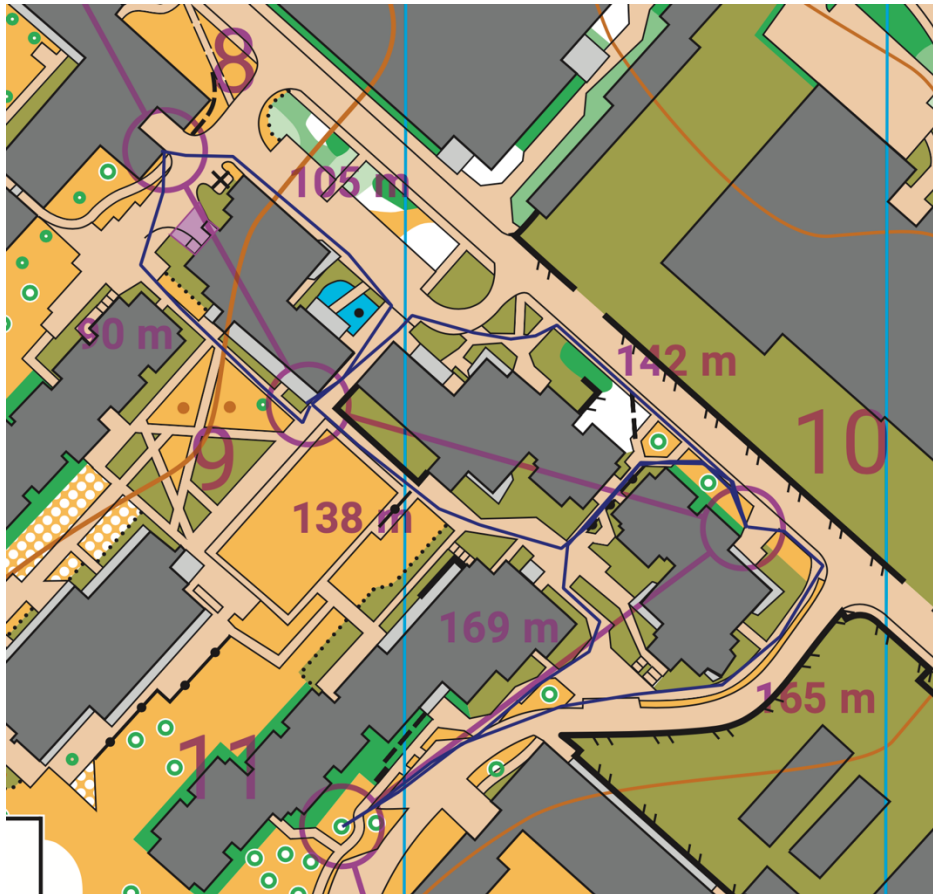
Leg 18-19 (advanced) / leg 3-4 (intermediate). Right is clearly the shorter and very likely also faster option here. If cutting the absolute final seconds in advanced, taking left to 17, right to 18, and right to 19 provides a way of running through all controls from 16 to 20 without u-turns and losing the running speed.



Leg 21-22 (advanced) / leg 5-6 (intermediate). The choices should not be very different from each other in terms of time, perhaps the left option being a bit slower due to having longer stairs and the longest distance. In advanced, both passages to 22 can be familiar already if 14-15 was taken from the right. So more running and less map reading.



Leg 7-8 (intermediate). This leg can also be seen in many parts. The first choice to be made is whether to go left or right, and then possibly choose between four ways of going left. The shortest way of going left is almost 100 meters shorter than going right – and the longest way of going left is still at least 60 meters shorter and equally if not more simple – so the big choice of left is faster. The sub-choices of going left likely make no big differences.



Home stretch (all courses). There really are no remarkable differences due to distances or complexities here, so just having a plan before coming to the controls is key to the quickest push to the finish line. Perhaps the optimal way is to take first right, then left, and finally left to minimize the number of sharp turns and keep up the speed.