

# Race Analysis Checklist

Routines, concepts, strategies		<i>Event name/date</i>		<i>Event name/date</i>
	<b>Yes/No secs/mins lost</b>	<b>Comments</b>		<b>Comments</b>
<b>BASIC NAVIGATION ROUTINE</b>				
Map to north				
Exiting right direction				
Attack point				
Finding accurately				
Map read correctly				
<b>CONCEPTS USED</b>				
Aiming off				
Hand rail				
Distance estimation accurate				
Catching feature				
Rough compass bearing				
Accurate compass bearing				
<b>STRATEGY</b>				
Steady to No 1				
Route appropriate to skill level				
Running within thinking				
<b>ERRORS TOTAL</b>	Mins/secs			

<b>INTERMEDIATE STRATEGY</b>				
No talking				
Ignored other runners				
Anticipating possible errors, planning for them				
Relocating quickly				
Treating every leg as a new beginning				
Good control flow				
Committing to route choice				
Varying speed to fit terrain / navigation				
Simplifying confidently				
<b>ERRORS TOTAL</b>	Mins/secs			
<b>ADVANCED CONCEPTS</b>				
Simplifying and seeing notable features on map and ground				
Identifying corridors				
Planning ahead				
Overall shape of terrain visualised				
Categorising types of leg and responding appropriately				
Recognising certainty of features				
Using less words				
Quick and accurate terrain visualisation – Mental Map				
Optimum route choice?				

<b>EXTENDED RACE ROUTINE</b>				
Researched map and courses				
Calm mind set				
Good sleep, eating well				
Started well				
Positive emotional response to challenges				
Managed and maintained concentration				
Statistics				
Distance				
Time				
Mins/ km				
Placing				
Potential placing minus errors				