

ACT Event Format Guidelines

The following are the recommended courses and classes to be offered at ACT orienteering events. The range of classes and course may be varied when there are good reasons to do so.

ACT Long Distance Championships Format

Winning times are to as specified in the Competition Rules for Orienteering Australia Foot Orienteering Events, Rule 16.9. Appropriate adjustments are to be made when the Championships are National League events.

Course Age Classes, Navigational difficulty

Course length as % of course 1

- 1 M21A: Hard 100
- 2 M20A, M35A: Hard 75
- 3 M40A, M45A, W21A: Hard 60-65
- 4 M16A, M50A, W35A: Hard 50
- 5 M21AS, M55A, M60A, W20A, W40A, W45A: Hard 45
- 6 M65A, M70A, M35AS, M45AS, W50A, W55A, W21AS: Hard 35
- 7 M75A, M55AS, W16A, W60A, W65A, W35AS: Hard 30
- 8 M80A, M85A, M90A, W70A, W75A, W80A, W85A, W45AS, W55AS: Hard 20-25

Course length as % of course 9

- 9 M14A, MOpenB, MJuniorB: Moderate 100
- 10 W14A, WOpenB, WJuniorB: Moderate 60-65
- 11 M12A, W12A, M/WJunEasy, M/WOpenEasy: Easy 3 km max
- 12 M10A, W10A, M/WJunVeryEasy, M/WNovice: Very Easy 2 km max

ACT Middle Distance Championships Format

Winning times are to as specified in the Competition Rules for Orienteering Australia Foot Orienteering Events, Rule 16.15. Appropriate adjustments are to be made when the Championships are National League events.

Course Age Classes, Navigational difficulty

Course length as % of course 1

- 1 M21A, M20A, M35A, M40A Hard 100
- 2 M45A, W21A, Hard 75
- 3 M16A, M50A, M55A, W20A, W35A, W40A, W45A: Hard 55
- 4 M60A, M65A, M70A, W16A, W50A: Hard 40
- 5 M75A, W16A, W55A, W60A, W65A, M35AS: Hard 30
- 6 M80A, M85A, M90A, W70A, W75A, W80A, W85A, W35AS: Hard 20-25

Course length as % of course 7

- 7 M14A, MJuniorB, MOpenB : Moderate 100
- 8 W14A, WJuniorB, WOpenB: Moderate 65
- 9 M12A, W12A, M/WJunEasy, M/WOpenEasy: Easy 3 km max
- 10 M10A, W10A, M/WJunVeryEasy, M/WNovice: Very Easy 2 km max

ACT Sprint Distance Championships Format

Winning times are to as specified in the Competition Rules for Orienteering Australia Foot Orienteering Events, Rule 16.16. Appropriate adjustments are to be made when the Championships are National League events.

Course Age Classes, Navigational difficulty

Course length as % of course 1

- 1 M21A, M20A, M35A, M40A: Hard 100
- 2 M45A, M50A, M55A, W21A, W20A, W35A, W40A: Hard 75
- 3 M16A, M60A, M65A, W45A, W50A, W55A: Hard 55
- 4 M70A, M75A, M80A, M85A, M90A, W16A, W60A, W65A, W70A, W75A, W80A, W85A: Hard 40

Course length as % of course 5

- 5 M14A, W14A, MJuniorB, MOpenB, WJuniorB, WOpenB: Moderate 100
- 6 M12A, W12A: M/WJunEasy, M/WOpenEasy: Easy 2 km max
- 7 M10A, W10A: M/WJunVeryEasy: Very Easy 2 km max (When appropriate these classes may be put on the Easy course)

National Badge Scheme Events Format

On the rare occasions that non-Championship events are staged under the Competition Rules for National Badge Scheme events, the courses and classes offered should be the same as those used for Long Distance Championships.

ACT League Format

For ACT League events, other than Championships, the generic classes are offered with three classes on each course for Men and Women: Open, Junior and Masters, and a class for Teams. As a general rule four Red courses should be offered, but this may be varied when there are good reasons to do so. Winning times should be as specified in the Competition Rules for Orienteering Australia Foot Orienteering Events, Rule 16.9.

Course, Age Classes, Navigational difficulty

Course length as % of a Long Distance course 1

Red 1: Red 1: Men: Open, Red 1: Men: Junior, Red 1: Men: Masters, Red 1: Women: Open, Red 1: Women: Junior, Red 1: Women: Masters, Red 1: Teams. Hard 75.

Red 2: Red 2: Men: Open, Red 2: Men: Junior, Red 2: Men: Masters, Red 2: Women: Open, Red 2: Women: Junior, Red 2: Women: Masters, Red 2: Teams. Hard 60.

Red 3: Red 3: Men: Open, Red 3: Men: Junior, Red 3: Men: Masters, Red 3: Women: Open, Red 3: Women: Junior, Red 3: Women: Masters, Red 3: Teams. Hard 45.

Red 4: Red 4: Men: Open, Red 4: Men: Junior, Red 4: Men: Masters, Red 4: Women: Open, Red 4: Women: Junior, Red 4: Women: Masters, Red 4: Teams. Hard 30.

Course length as % of Orange 1

Orange 1: Orange 1: Men: Open, Orange 1: Men: Junior, Orange 1: Men: Masters, Orange 1: Women: Open, Orange 1: Women: Junior, Orange 1: Women: Masters, Orange 1: Teams. Moderate 100.

Orange 2: Orange 2: Men: Open, Orange 2: Men: Junior, Orange 2: Men: Masters, Orange 2: Women: Open, Orange 2: Women: Junior, Orange 2: Women: Masters, Orange 2: Teams. . Moderate 65.

Green: Green: Men: Open, Green: Men: Junior, Green: Men: Masters, Green: Women: Open, Green: Women: Junior, Green: Women: Masters, Green: Teams. Easy 3 km max.

Blue: Blue: Men: Open, Blue: Men: Junior, Blue: Men: Masters, Blue: Women: Open, Blue: Women: Junior, Blue: Women: Masters, Blue: Teams. Very Easy 2 km max.

Teams/Relay Format

Course Age Classes, Navigational difficulty Course length

Course 1: Open Men, Open Women, Open Mixed: Moderate Approx 6-7 km

Course 2: Open Men, Open Women, Open Mixed: Moderate Approx 4.5-5 km

Course 3: Open Men, Open Women, Open Mixed: Moderate Approx 3-4k m

Course 4: Open Men, Open Women, Open Mixed: 1 x Moderate (Course 3), 1 x Easy (Course 5)

Course 5: Open Men, Open Women, Open Mixed: Easy Approx 2.5 km