

INFORMATION

Middle Distance style courses have been set to be won in 25 – 35 minutes so Hard ones are shorter than usual. All are on mostly fast, grazed, farmland with rock detail but little undergrowth. The Hard courses are in a technically challenging area with significant slopes on the longer ones.

Fence crossing points are marked on the map by the usual purple reversed brackets symbol. You are advised to use these crossings to avoid barbed wire.

There may be sheep in the paddocks. Please keep away from them, particularly any new lambs.

You can enter any course you like but if you wish to score points towards Orienteer of the Year you must complete the correct course for your age at 31 December 2015, or a more difficult one.

Note the courses for ages 10 – 14 are different from those in the July *OAWA Express* event notice.

Men		Course	Women	
19 - 39		H1		
17 – 18	40 - 54	H2	19 - 49	
15 - 16	55 - 69	H3	17 - 18	50 - 64
	70+	H4	15 - 16	65+
	13 & 14	M		13 & 14
	11 & 12	E		11 & 12
	10 or less	VE		10 or less

For details of the Orienteer of the Year scheme see:

[http://wa.orienteering.asn.au/images/techdocs/CourseSpecs/State Orienteering League Scheme July 2015.pdf](http://wa.orienteering.asn.au/images/techdocs/CourseSpecs/State_Orienteering_League_Scheme_July_2015.pdf) or OAWA web site > About us > Technical Guidelines > State Orienteering League Event Rules