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| **Course** | **Classes** | | **Distance** | **Climb** | **Controls** |
|  | **Championship** | **Non-championship** |  |  |  |
| 1 | M21, M40, M50 |  | 9.0km | 90m | 23 |
| 2 | W21, W40, W50  M17-20, M60 | Recreational 2 | 8.0km | 80m | 20 |
| 3 | W17-20, W60  M16; M70 |  | 7.0km | 60m | 15 |
| 4 | W16; W70  M14; M80 | Recreational 4 | 6.2km | 65m | 11 |
| 5 | W12, W14; W80  M12 | Recreational 5 | 5.7km | 65m | 13 |

2016 Australian MTB Orienteering Sprint Distance Championship