



WA Long Orienteering Championships 2013

Sunday September 22nd, Ngangaguringguring Hill

Courses and Classes available

Course	Age Classes	Technical Difficulty	Winning Time (min)	Approx. Length
1	M21A	Hard	80	12.7km
2	M17-20A, M35-A	Hard	65	9.2km
3	W21A, M45-A	Hard	60	7.8km
4	W35-A, M21AS M-16A	Hard	60 50	6.3km
5	W45-A, W17-20A, M55-A	Hard	60 50	5.6km
6	W55-A, M65-A, W21AS, M35-AS, M45-AS	Hard	50	4.5km
7	W65-A, W75-A, M75-A, W35-AS, W45-AS, W55-AS, M55-AS W-16A	Hard	50 50 40	3.3km
8	W-14A, W OpenB, W JuniorB M-14A, M OpenB, M JuniorB	Moderate	40 30	3.0km
9	W-12, M-12, Open Easy	Easy	25	2.5 km
10	W-10, M10, Open Very Easy	Very Easy	20	2.4 km

How age classes work:

Competitors are divided into classes according to sex, age, course length (and degree of difficulty). Women may compete in men's classes.

Competitors aged 20 or younger belong to each class up to the end of the calendar year in which they reach the given age. They are entitled to compete in older classes up to and including 21.

Competitors aged 21 or older belong to each class from the beginning of the calendar year in which they reach the given age. They are entitled to compete in younger classes down to and including 21.