



WA Middle Distance Championships 2013

Saturday September 21st Ngangaguringguring

Courses and Classes available

(distance are indicative and straight line)

- Course 1 : 5 km Hard Navigation for M21, M17-20, M35, W21, W17-20
- Course 2 : 3.5 km Hard Navigation for M16, M45, M55, W16, W35, W45,
- Course 3 : 2.3 km Hard Navigation for M65, W55,
- Course 4 : 1.6 km Hard Navigation for M75, W65, W75
- Course 5 : 2.4 km Moderate Navigation for M14, M Open B, W14, W Open B
- Course 6 : 1.8 km Easy Navigation for M12, M14 B, W12, W14 B
- Course 7 : 1.4 km Very Easy Navigation for M10, W10

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.